

Top Surgery Supplies

Medicine/Pills

- B6
- Vitamin C
- Calcium
- Laxatives
- Stool softener
- Antihistamines (for itching)
- Bacitracin (cream)
- Pain meds (prescribed by surgeon)
- Pill by time container & notebook to keep track

Food

- Probiotics (yogurt)
- Gatorade
- Simple, healthy meals (prepped ahead of time if possible)
- Snacks for pain meds (must eat with pills)
 - Graham crackers, apple sauce, Nilla wafers, etc.

Clothing

- Button up shirts
- Comfortable, loose hoodies
- Really loose shorts/pants with drawstring
- Swim tanks
- Slip-on shoes

Medical Supplies

- Scar tape (Mepitac)
- Medical tape
- Medical bandages
- Vaseline
- Cough drops
- Non-stick pads
- Alcohol wipes
- Hand sanitizer

Bathroom

- Long scrub brush

- Face wipes
- Wet wipes
- Dry shampoo

Other

- Extra pillows, neck pillow
- Bendy straws
- Throw up bowl/bucket
- Step stool
- Tray table
- Large water bottle with straw