



ITEMS YOU SHOULD HAVE BEFORE THE DAY OF YOUR SURGERY

The following is a list of items that you should have the day of your surgery. You will need to have these items available to you during your postoperative recovery period so it is imperative that you have your supplies ready prior to your surgery date.

For Facelift patients going to the hotel, it is recommended to bring a small cooler with water and soft foods, preferably high in protein.

All surgery (face lift, brow lift, rhinoplasty, neck lift) patients:

1. Please fill all prescriptions written by Dr. Garcia and bring them with you.
2. Please bring any other medications that you take on a daily basis.
3. Cetaphil soap.
4. Baby Shampoo.
5. Q-tips.
6. 4x4 gauze or Thin Washcloths.(for cold compresses)
7. Hydrogen peroxide.
8. Neosporin ointment (**for face lift and neck lift**)
9. Arnica (Pineapple, Blueberries and Lemon water also help to reduce swelling). Start 3 days prior, 3 pills, 3 times a day.

Patient having upper and/or lower eyelid surgery:

1. All items listed in section one.
2. Eye ointment – **make certain it is the ointment and not the gel.** (Any brand is fine, Systane, Tears Renew, Walmart, Walgreens and CVS).
3. Lubricating Eye drops. (Any brand is fine, Systane, Tears Renew, Walmart, Walgreens and CVS).

Patient having a chemical peel or dermabrasion:

1. All items listed in section one.
2. Cetaphil bar soap.
3. Liquid Organic Coconut Oil

Patient having a rhinoplasty:

1. Large Bottle of Nasal Saline Spray and Aerosol (any brand) to use after your procedure once you have been advised to do so by Dr. Garcia.
2. Vaseline - 100% Petroleum Jelly.