

Top Surgery Post-Op Prep List

Care Materials

- ❑ **Hibiclens Antiseptic Skin Cleanser (4 oz bottle)**
You will have to shower with this the night before and morning of surgery and up until the post-op appointment.
- ❑ **Arnica Relief Tablets from GNC**
Less expensive at GNC compared to the doctor's office.
- ❑ **Bromelian Tablets from GNC**
Less expensive at GNC compared to the doctor's office.
- ❑ **Anti-Nausea Prescription**
Ask your Doctor about Zofran or similar options.
- ❑ **Laxatives**
We suggest either Dulcolax, Wal-Mucil, or Milk of Magnesia.
- ❑ **Cough Drops**
Your throat may be dry after surgery.
- ❑ **Neck Pillow**
- ❑ **Lots of Pillows**
- ❑ **Hot Pad**
Not for your chest! Use for back pain and other parts that get achey during recovery.
- ❑ **Straws**
- ❑ **Face Wipes**
- ❑ **Witch Hazel**
- ❑ **Dry Shampoo**
- ❑ **Games, Movies, Books, Journal**

Healing Foods

Vegan Friendly and Nutrient Rich Ingredients for Optimal Healing

- ❑ **Acai Berries**
- ❑ **Goji Berries**
- ❑ **Blueberries**
- ❑ **Apples**
- ❑ **Bananas**
- ❑ **Pineapple**
- ❑ **Broccoli**
- ❑ **Carrots**
- ❑ **Onions**
- ❑ **Sweet Potatoes**
- ❑ **Ground Flax Seed**
- ❑ **Ginger**
- ❑ **Kale**
- ❑ **Kefir Yogurt**
- ❑ **Kombucha**
- ❑ **Miso**
- ❑ **Oats**
- ❑ **Seaweed**
- ❑ **Shitake**
- ❑ **Beans**
- ❑ **Lentils**
- ❑ **Tempeh**
- ❑ **Ginger Beer/Ale**
- ❑ **Bubbly Water**

Clothing

Wear baggy, comfy clothes that are easy to take on and off on surgery day

- ❑ **Button Down Shirts**
- ❑ **Zip-Up Sweaters/Hoodies**
- ❑ **Loose Comfy Pants**
- ❑ **Bath Robe**
- ❑ **Compression Socks**
For the ride home from surgery and intermittent use during recovery. Do not wear for more than a few hours at a time and never overnight.
- ❑ **Slippers**

Scar Care

Only after Doctor's approval - Typically at the 6+ week milestone

- ❑ **Coconut Oil**
- ❑ **Roll On Silicone Gel**
ScarAway is a great option if you prefer to use gel.
- ❑ **Silicone Gel Tape Strips**
CircaSolution is a preferred brand. One application lasts up to a week, through showering. If cut in half lengthwise, the box lasts twice as long.
- ❑ **Rose Seed Hip Oil**
Gently rub on nipples post showering after 6 week mark. Your nipples will thank you.

Additional Tips

- **For the first week, you may need help with getting dressed and showering. Plan within your network ahead of time to make sure someone can help you.**
- **After surgery day, set 4 alarms on your phone to "everyday"**
9 a.m. Antibiotic, Arnica, Bromelian
1 p.m. Antibiotic, Arnica
5 p.m. Antibiotic, Arnica
9 p.m. Antibiotic, Arnica, Bromelian
- **Begin Arnica and Bromelian tablets 1-2 days before surgery and continue until the bottles are empty.**

This resource was compiled with love by: @gabedarling, @staci_____, and @summerrosewood

Queer Nurse Resource: @comfyqueer | Food list gathered from the zine "Herb Support for Top Surgery" by Jakery