



mia aesthetics
advanced cosmetic surgery

For our out of state patients, a list of items recommended to bring with you:

- Loose fitting long dresses, button down shirts.
- Boppy pillow
- Slip on shoes
- Antibacterial soap
- Arnica Gel
- 2 large towels
- Medium gauze pads
- Pill case
- Restroom toiletries
- Moist towelettes

Recommended to purchase when you are in town:

- Natural juices (pineapple, orange)
- Foods high in iron and protein
- Saltine crackers
- Gelatin
- Water bottles