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## Supply List

You have elected to receive private post – op recovery care services. The following supplies are **MANDATORY** to ensure the Recovery Assistant can provide you with optimal care:

### Recovery Care Supplies

- Two shower curtain liners (white shower liners not the clear ones)
- Chux Pads- 2 large bags extra thick or Dog Pads (please get the biggest size possible. Preferably 26 x 30 or larger)
- 1 pack Poise Pads
- 1 pack of wash cloths
- Two Pillow Cases (white)
- Two Pillow Protectors
- 1 comfy, dark colored blankets
- 1 bottle of anti- bacterial soap
- 1 large bottle of hand sanitizer
- 1 small roll of paper surgical tape
- 1 bottle of extra strength Tylenol/ Muscle Aches & Pain (specific to aches and pains)
- 1 Daily Probiotic Supplement (recommended brand: Florastor)
- 1 bottle of Stool Softener

- 1 box of dark trash bags to dispose of bloody items. Hotels/Airbnb's tend to be particular about disposing of bloody items this will prevent any issues
- 2 LARGE bottle of Peroxide with a spray head preferrably
- 1 small pack paper cups
- 1 pack of straws
- 2 rolls of paper towels
- 1 bag Cough Drops (VERY IMPORTANT)
- 1 bag Depends
- 1 large flushable wipes
- 1 small bottle Oxiclean Laundry Detergent (Liquid or Powder)
- 1 small bottle Fabric Softener
- 1 large bottle lysol wipes
- 1 large bottle Lysol spray
- 1 box of Nitrile gloves

### Recovery Care Clothing

- 1-2 pairs of Compression Socks
- 1-2 dark colored robe
- 2 DARK colored free flowing maxi dresses

### Recovery Care Grocery List

- Beet Juice (6 bottles)
- Low Sodium Can Soup (Please make sure the Sodium is 240 or less)
- Floradix Liquid Iron
- Vitamin C
- Folic Acid
- 2 bottles of Pedialyte any flavor (Very important)

- 1 - 8 pack of Gatorade any flavor (Very important)
- 1 Gallon/Jug of Pineapple (Very important)
- 1 Gallon/Jug of Orange Juice (Very important)
- 2- Large bowls of mixed fruit (the ones that are cut up already from the produce section) Make sure there is pineapple and watermelon in this mixture
- 1- case of water
- Ginger Root/Ginger Candy