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## **Suggested Shopping List**

### *Face Lift Surgeries:*

1. 3 x 3 Gauze Pads
2. Sandwich Size Zip Lock Bags for Ice Packs
3. Frozen Peas
4. Qtips

### *Blepharoplasty:*

1. Hypotears Ointment OR Lacrilube Ointment
2. Hypotears Solution Eye Drops
3. Sandwich Size Zip Lock Bags for Ice Packs
4. Frozen Peas
5. Qtips

### *Rhinoplasty (Nose Surgeries)*

1. Nasal Saline Solution
2. Sandwich Size Zip Lock Bags for Ice Packs
3. Frozen Peas

### *Optional Comfort Items:*

1. Socks to wear into surgery so your feet do not get cold.
2. Hat, scarf or sunglasses.