



# PACKING LIST

## WEIGHT LOSS PROCEDURE

Your weight loss surgery is fast approaching and there are many things to prepare to ensure your recovery goes smoothly.

We have prepared this handy list to help you pack for your bariatric procedure!

### Required

- **Comfortable sets of clothing**
- **ALL Prescribed medications**
- **ADD – CPAP/BIPAP IF NECESSARY**
- **Glucometer**  
*(If currently using at home for diabetic regiment)*
- **Prescription Eyeglasses if you wear contacts**

### Suggested

- **Heating Pad**
- **Protein drinks / Powder Packs**
- **Bariatric friendly snacks**
- **Personal pillow**
- **Bottled water**
- **Shaker cup**
- **Electronic Chargers / Battery Packs**

All locations have nearby retailers such as Wall-Mart, TJ, Maxx, Dollar General and more if you need to purchase any of these items or have forgotten something.

## Avoid

- ***Excessive jewelry (you will not be able to wear it during your surgery)***
- ***Patients should wear free/loose clothing that is easy to change in and out of or with sleeves which can be rolled up past the elbow during the procedure/surgery.***
- ***Please do not wear high-heels or flip-flops. Jewelry/accessories, contact lenses and dentures must be removed at the time of procedure/surgery.***
- ***Do not wear lipstick, excessive makeup or nail polish this includes artificial nails (have at least 1 fingernail free of any polish/fake nails) on the day of procedure/surgery***