



## **DR. EILERS POST-OPERATIVE GROCERY LIST**

Obtaining the following items before surgery may help in the immediate post-operative period

### **Required items:**

- 1. Aspirin 81mg (aka baby aspirin)**
  - a. This is an over-the-counter medication Dr. Eilers will have you take daily for 30 days following surgery. It is important in the prevention of blood clots.
  
- 2. Colace or Docusate**
  - a. These are over-the-counter stool softeners. Anesthesia and some post-operative medications may cause constipation after surgery. These are recommended for the first week following surgery.

### **Optional Items:**

1. For hydration: water, Gatorade, Powerade
  
2. For nausea: Ginger Ale, ginger candies, peppermints
  
3. For stomach upset: Sprite, 7-up, sparkling waters (La Croix, Topo Chico, Fresca)
  
4. Starter foods: cold fruits (grapes, apples), Wheat Thins, Triscuits
  
5. For constipation: milk of magnesia, Miralax, fiber (fruits, Metamucil)
  
6. Protein drinks (if loss of appetite): Ensure, Boost, Atkins, Muscle Milk