

# What to Pack for Your Trip

When planning for cosmetic surgery, packing the right items can make your trip far more comfortable. Being prepared ensures you can focus on recovery without unnecessary stress. Although our facilities include ample storage in each private room, **we encourage you to pack lightly**.

Below is our professionally prepared checklist of recommended items. Please remember to bring all personal hygiene products, as they are not included in your stay.

## Important Documents

- **ID and Payment Information:** Needed for clinic or hospital admission.
- **Surgery Instructions:** Post-op care instructions and surgeon contact info.
- **Passport:** Ensure it is valid for international travel.

## Clothing Essentials

- **Comfortable Clothing:** Loose-fitting maxi dresses or button-front pajama dresses.
- **Slip-On Shoes or Slippers:** Avoid bending over.
- **Compression Stockings:** Helps prevent swelling.
- **Fuzzy Socks:** Extra warmth and comfort.
- **Cotton Camisoles/Tank Tops:** Reduce skin irritation under garments.

## Medical Supplies

- **Booty Pillow:** Required after a BBL procedure.
- **Lipo Foams (3–4 Sheets):** Reduces swelling and aids healing.
- **Arnica Tablets/Gel/Cream:** Helps with bruising.
- **Medications:** Antibiotics, pain meds, stool softeners, anti-nausea medication.
- **Wound Care Supplies:** Gauze, antiseptic wipes, ointments.

## Personal Care Items

- **Shower Shoes:** Bathing hygiene protection.
- **Lip Balm/Vaseline:** Prevent dry lips caused by anesthesia.
- **Hygiene Products:** Shampoo, conditioner, lotion, deodorant, wipes, dry shampoo.

## Travel Comfort & Entertainment

- **Neck Pillow & Soft Blanket:** Comfort during travel or rest.
- **Books, Laptop, Magazines, E-Reader:** Entertainment while recovering.
- **Headphones or Earbuds:** Quiet listening.

- **Phone Charger & Power Bank:** Stay connected.

By packing these essentials, you'll be fully prepared for your surgery trip and recovery experience.