

For all surgeries/procedures:

Arnika Forte

https://www.amazon.com/DermAvance-Arnika-Forte-14-Capsules/dp/B00EVAO59M/ref=sr_1_1_sspa?crid=31RX9J9UHY5MM&keywords=arnika+forte&qid=1695671854&srefix=arnika+forte%2Caps%2C192&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1

Aquaphor

https://www.amazon.com/Aquaphor-Healing-Ointment-Moisturizing-Protectant/dp/B006IB5T4W/ref=sr_1_4?crid=151IFFHS7FTUT&keywords=aquaphor+healing+ointment&qid=1696185367&rdc=1&srefix=aquap%2Caps%2C193&sr=8-4

Hydrogen Peroxide

Rhinoplasty:

Detachol Adhesive Remover

https://www.amazon.com/Detachol-Adhesive-Remover-Flip-Bottle/dp/B0017LHS5Q/ref=sr_1_1_mod_primary_new?crid=2N1TD6FXPS25E&keywords=detachol&qid=1696185165&sbo=RZvfv%2F%2FHxDF%2BO5021pAnSA%3D%3D&srefix=detachol%2Caps%2C179&sr=8-1

3M Micropore 0.5 inch tape

https://www.amazon.com/Micropore-Surgical-Tape-Wide-Rolls/dp/B07KQG7CGH/ref=sr_1_6?crid=1S03QJJOYMQXB&keywords=3m+micropore+tape&qid=1696185220&srefix=3m+%2Caps%2C271&sr=8-6

NeilMed Sinus Rinse

https://www.amazon.com/NeilMed-100-Sinus-Rinse-Complete/dp/B000RDZFZ0/ref=sr_1_5?crid=JEOD8JGKUF9O&keywords=neilmed+sinus+rinse&qid=1696185299&srefix=neomed+%2Caps%2C171&sr=8-5

Otoplasty:

Sporti Ear Wrap

https://www.amazon.com/Sporti-Swimming-Headband-Swimmers-Black/dp/B0B2F75T3G/ref=sr_1_2?crid=2HOK6AYOQMCI8&keywords=sporti+ear+wrap&qid=1696185485&srefix=sporti+ear+wrap%2Caps%2C165&sr=8-2

Chin Implant, Submental Liposuction, Direct Neck Lift:

Post Surgical Facial Compression

https://www.amazon.com/Surgery-Compression-Garment-Exerciser-Tightening/dp/B08YJQY3RC/ref=sr_1_18?crid=1AU15Z476AW50&keywords=post+surgical+faci

al+compression&qid=1696185673&sprefix=post+surgical+facial+compression%2Caps%2C162&sr=8-18