Masculinizing Chest Surgery
Supply List
Dr. Esther Kim

	Estimated Cost	"X" once completed
Chest Binder	Available at SFGH	_____
Laxative / Stool Softener (dulcolax)	$8.00	_____
Straws	$2.00	_____
Liquid Dial Soap (pump bottle)	$6.00	_____
Clean cloth towels (2-4)	$6.00 - $12.00	_____
Gauze or **Surgical Pads**	Available at SFGH	_____
Surgical Tape	Available at SFGH	_____
Wet Wipes	$5.00	_____
Loose fitting clothing (sweats, button down shirts, slip on shoes)		_____
Rubber or nitrile **exam gloves**	$5.00	_____
Alcohol Swabs (helpful for stripping drains)	$5.00	_____
Thermometer	$10.00	_____
Vitamin E Oil (to minimize scarring)	$8.00	_____
Silicone Sheets (to minimize scarring)	$25.00	_____
Prescription medications you take		_____
Groceries (frozen meals) (Plan for food at least for 4-6 days Include highly nutritious food including fruits and vegetables, whole grains, bland foods at first)		_____
Supplies to get at time of surgery		_____
Antibiotic (prescribed by surgeon)	Covered by insurance	_____
Pain Medication (prescribed by surgeon)	Covered by insurance	_____

Total estimated out-of-pocket budget: **$86.00**
(cost may be more or less depending on where you buy and your coverage)