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ORTHOPEDIC SURGERY

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LONG TERM STAY CHECKLIST

Whether you are staying at the Quantum House, a VRBO/AirBnB or hotel, these are all items that patients and their families found useful to have:

- miscellaneous adult/children's medications (Tylenol, Ibuprofen, anti-nausea, stool softener, Benadryl, Emergen-C, cough drops, etc.)
- first aid supplies (gauze, saline, Hibiclense, chucks pads, bandaids, ace wraps, thermometer, etc.)
- Dial antibacterial soap
- nail clippers and tweezers
- heating pad and/or ice packs
- iPad, tablet, gaming system and chargers (have some movies downloaded in case the internet is unreliable)
- cards, board games, puzzles, art supplies
- headphones
- comfort items (blanket, stuffed animal, etc.)
- bottled water and snacks
- pillows, pillows pillows
- personal medical equipment (walker, crutches, shower chair, wheelchair)

- collapsible wagon (great alternative to a wheelchair for little ones and for the beach or miscellaneous outings)
- collapsible step stool (some kitchen cabinets at Quantum House are high up)
- plenty of toiletries (travel size for hospital stay) and hair dryer
- sunscreen, bathing suit (modified for ex-fix if necessary), beach or pool toys
- sound/white noise machine

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