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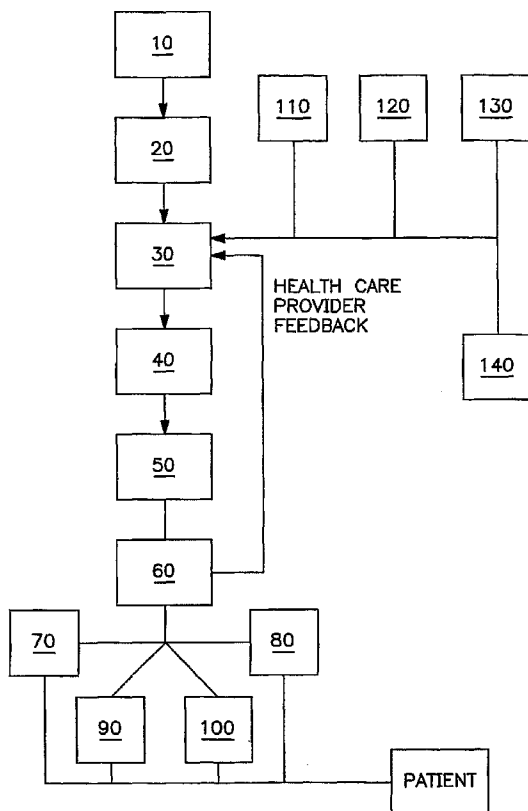
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(54) Title: A METHOD FOR DEVELOPING AND MARKETING A POST OPERATIVE HOME RECOVERY KIT FOR USE BY A PATIENT AFTER DISCHARGE FROM A HOSPITAL AND FOR RECUPERATION AT HOME



(57) Abstract: A surgical recovery kit, which contain various medical and related articles, which are specifically "tuned" to be used by individuals who are planning to undergo specific medical procedures. The kits are intended to be used by convalescent patients who are recovering at home.

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**TITLE OF THE INVENTION**

A METHOD FOR DEVELOPING AND MARKETING A POST OPERATIVE HOME RECOVERY KIT FOR USE BY A PATIENT AFTER DISCHARGE FROM A HOSPITAL AND FOR RECUPERATION AT HOME.

**BACKGROUND OF THE INVENTION****1. The Technical Field**

The technical field of this invention relates to post-operative in-home recuperation of patients, in particular, kits for facilitating home recuperation.

**2. Prior Art**

In recent years, hospitals have had to deal with the rising costs of business operations and the fact that not all of the increased costs can be passed on the insurance companies or to the patients. Indeed, the increased cost of medical care has caused the cost of medical insurance to drastically increase over recent years. It has also been recognized that long term hospital stays are not necessary for many procedures. Having much of the recovery period at home may have a positive benefit since the patient may feel more comfortable than in an unfamiliar setting of a hospital.

Accordingly, to save costs and to ensure that the insurance companies pay a larger portion of the cost of surgeries and post-operative care, hospital stays have been drastically reduced and the patient is sent home much sooner for recuperation purposes.

As such, the patient must become aware of and be able to purchase the products that are necessary to complete the recovery process at home.

In addition, when patients leave the hospital after surgery, they are often given written or verbal instructions which generally require additional supplies to aid in their healing process. Typically, the patient has to seek out these additional items at retail stores. Due to the time, complexity, and discomfort involved in gathering these supplies just after leaving the hospital, patients often do not comply with their doctor's orders for recovery. This can result in even greater discomfort for the patient, a slower recover and possible complications.

There exists a company, Home Recovery Catalog of Braselton, GA whose website discloses a "Home Recovery Catalog", which is an on-line and direct mail catalog sales business, specializing in the marketing, sale and delivery of recovery kits which are directed to patients and prospective patients of cosmetic surgical procedures. The kits are stated as being compiled through consultation with "respected physicians and surgeons, nurses and cosmetic patients."

In addition to the foregoing, the following prior art patent and patent application including the following references:

*Monica*, US 5,544,753. This patent discloses a back ailments care kit, which includes a dietary supplement compounded to promote healing, and a container for securing an ice pack, analgesic balm, and the dietary supplement. An instruction video 99, a written manual, support pillows, exercise devices and/or other care products may also be included. A patient acquires the kit from a healthcare provider, clinic, retail outlet or the like.

*Withers*, US 5,752,234. This patent discloses a method and apparatus for providing disposable supplies for health care workers for single visits to patients. The supplies can be tracked through to waste disposal. The system comprises single, trackable, disposable containers which can hold pre-prepared supplies and waste and whose movements can be recorded on a database.

*Akasaka et al.*, US 5,785,650. This patent discloses a medical system for patients at home, which uses computer based units at home for receiving medical data from patients which are linked by a communication channel to computers at a medical center.

*Beller et al.*, US 5,961,446. This patent discloses a system for medical teleconferencing for supplying information on medication scheduling. The system passes information on customized instructions concerning medication,

procedures or visits, from a central station to a patient station where the information is stored.

*Aruffo et al.*, US 6,579,271 B1. This patent discloses a self-care system for a post-surgical drain site on, e.g., a cancer patient, which includes a split gauze pad with foam support bar, a drainage record card, a set of step-by-step instructions, and a container for holding system components, among other items.

*Franks-Farah et al.*, US 6,640,976 B1. This patent discloses a patient education system for intermittent male catheterization, include self care documentation for instructing a user, along with male catheters, a lubricant gel tube, antibacterial soap, disposable wipers, and a urine record card.

*Franks-Farah et al.*, US 2004/0055925 A1. This application is a continuation of the application from which the Franks-Farah et al. '976 patent arose, and thus has the same disclosure, and has now issued as US 6,840,379 B2.

*Aruffo et al.*, US 6,740,068 B1. This patent arose from a division of the application from which the Aruffo et al. US '271 patent arose, and thus has the same disclosure.

*Landsman et al.*, US 2004/0167805 A1. This application discloses medical packs which are provided that can include a set number of medications and other medical supplies the amounts of which that are selected for a specific period of home treatment. The medical packs can also include instructions (which may be personalized from the patient's physician) using photographs and a patient log. Return of the pack in a return visit to the treating medical professional can provide a means for evaluating patient compliance.

*Aruffo et al.*, International ApIn. PCT/US00/30902, Pub. Doc. WO 01/35299. This reference discloses a medical method for determining the

contents of a self care kit, and for conducting in-home medical procedures which identifies the medical procedure to be carried out in a patient's home and further identifies the procedures and materials, and incorporates those materials into a kit.

**SUMMARY OF THE INVENTION**

The proposed invention comprises in part, surgical recovery kits, which contain various medical and related articles, which are specifically "tuned" to be used by individuals who are planning to undergo specific medical procedures. The kits are intended to be used by convalescent patients who are recovering at home.

Each kit is composed of a variety of articles (bandages, hot/cold compresses, non-prescription medications, etc.) which, individually and collectively, would be needed or useful to a person recovering from a particular procedure. As many different kits can potentially be assembled as there are procedures, although as a practical matter, many if not most kits will be applicable to more than one procedure. The use of the initials "OTC" herein is an abbreviation of the words "over the counter".

The kits may have various added-value features, such as personalization (e.g., "This kit has been specially developed for [patient's name] by [health care professional's name]"). The kits will preferably contain highly detailed instructions for their use, and may include information such as contraindications or other warnings useful for a home convalescent. The kits may also contain brochures or promotional literature, separately wrapped promotional items, coupons, questionnaires or surveys which may or may not be specific to the particular surgical procedure or postoperative treatment, etc.

The invention also encompasses a method and process for developing different kits for facilitating post-operative recovery following different medical/surgical procedures, and bringing the knowledge of the availability of those kits to physicians and other health care professionals (as opposed to direct marketing to prospective and actual patients), with various free samples of kits optionally provided to encourage the physicians and health care providers to recommend/prescribe the use of the recovery kits by their patients or home care givers.

The first step is the determination of what surgical procedures are amenable to home convalescence, and thus for home rapid recovery kits, and what articles should be included in such home rapid recovery kits, through conducting of interviews with physicians, therapists and consumers. Once the kits have been presented to the health care professionals, those individuals would serve as the "sales force" to the ultimate customers, the patients.

In a preferred embodiment of the system, the patients would have the kits recommended to them, and be provided with a telephone number or internet site, where the kits can be ordered, with the delivery preferably timed for their receipt just prior to the surgical procedure.

In particular, post-operative home recovery kits that are disclosed herein relate to common types of general surgery; obstetric and gynecological surgery; plastic surgery; orthopedic surgery; otolaryngology surgery. In particular, the following kits relate to the following different kinds of general surgeries: wound care; hemorrhoid; male genital procedures including vasectomy, implant, circumcision (adult and for babies), orchidectomy and prostatectomy.

**BRIEF DESCRIPTION OF THE DRAWINGS**

FIG. 1 identifies, in block form, the steps of the method.

**DETAILED DESCRIPTION OF THE INVENTION**

While this invention is susceptible of embodiment in many different forms, there are shown in the drawings and will herein be described in detail, several preferred embodiments of the invention, with the understanding that the present disclosure should be considered as an exemplification of the principles of the invention and is not intended to limit the invention to the embodiments so illustrated.

This application relates to a method of developing and marketing post-operative home recovery kits for use by the patient after discharge from the hospital. In addition, the specification describes a series of home recovery kits for several categories of surgeries as well as specific types of surgeries under each category.

The method comprises identifying the surgery for which the recovery kit will be used (10); consulting with a doctor, therapists, other health care professionals and/or prospective consumers, to determine what articles should be included in the kit (20); developing the necessary and/or optional contents of the recovery kit based upon recommendations from the doctor, therapists, other health care professionals and/or prospective consumers (30); including detailed instructions for the use of the articles that are contained in the recovery kit (40); having the doctor or other health care professional review the contents of the recovery kit prior to distribution (50); and having the kit recommended and possibly distributed by the doctor or health care professional (60). (The recovery kit may be customized for an individual patient).

The method may additionally comprise the step of providing an order by telephone facility to enable the patient to order the kit in advance by phone (70); providing an order by telephone facility to enable a health care provider to order the kit in advance by phone (80); providing an internet based ordering facility to enable the patient to order the kit in advance (90); and/or providing an internet based ordering facility to enable the health care provider to order the kit in advance (100).

The method may additionally comprise the inclusion of free samples of related items within the kit (110); the inclusion of a thank you card to the doctor within the kit (120); the inclusion of special offers and coupons within the kit (130); and the inclusion of a survey or questionnaire (140).

### **GENERAL SURGERY**

The following home recovery kits relate to procedures following general surgery including surgeries that require external incisions, hemorrhoid surgery, male genital surgery, circumcision of babies surgery and foot surgery.

#### **KIT 1**

This kit relates to recovery procedures following surgeries that require external incisions such as hernia, thyroidectomy, cholecystomy, cardiovascular and lumpectomy surgeries. In particular, the kit covering these procedures includes the following items for the following medical purposes:

Item	Medical Purpose
Scar revision cream	Use after healing to fade incision scars. Optional.
Shower cover	Keep incision area dry when showering. Optional.
Adhesive closure strips	Support incision - helps prevent the incision from opening.
Gauze bandages	Use with paper tape to absorb drainage and keep incision sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incision.
Antibacterial ointment	Apply to incision to prevent crusting and infection.
Paper tape	Use to hold gauze bandage in place.
Cotton Swabs	Use with hydrogen peroxide to remove

	crust from external incision.
Adhesive bandages	Covers incision until completely healed to prevent infection.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Survey / questionnaires	Optional.

### **KIT 2**

This kit relates to recovery procedures following hemorrhoid surgery. In particular, the kit covering this procedure includes the following items for the following medical purposes:

Item	Medical Purpose
Cooling pack for anal area	Place on anal area to reduce swelling and discomfort.
Bed pads	Prevents pillows and sheet from being soiled by drainage or medication. Optional.
Sitz bath	Use over toilet to clean anal area.
Squirt bottle	Mix water and antiseptic soap in squirt bottle. Use bottle to squirt the mixture

	externally on anus.
Antiseptic soap solution	Mix with clean water in squirt bottle. Use to clean the exterior anal area.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Hemorrhoid cream or Hydrocortisone cream	Use to control hemorrhoid flare up. Also use to externally to control itching around the anus (not directly on the incision).
Mesh underwear	Use to hold absorbent pad and/or cooling pack in place. Optional.
Topical painkiller	Apply externally to anus as necessary to reduce pain. Optional.
Note pad and pen	Avoid getting up to take a message or make a note. Optional.
Soothing lotion - Witch hazel	Use externally after sitz bath to moisturize and sooth the area around the anus. Optional.
Antibacterial ointment	Apply to prevent crusting and infection.
Absorbent pads	Covers incision area for several days

	after the surgery.
Survey/questionnaire	Optional.

**KIT 3**

This kit relates to recovery procedures following male genital surgery including vasectomy, circumcisions (excluding babies), orchidectomy and prostatectomy surgery. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Antibacterial ointment	Apply to incision to prevent crusting and infection.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incision.
Gauze bandages	Use with bandages to absorb drainage and keep incision sterile.
Adhesive bandages	Covers incision until completely healed to prevent infection.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Cooling pack for genital area	Place on genital area to reduce swelling

	and discomfort.
Mesh underwear	Use to hold gauze bandages and/or cooling pack in place. Optional.
Genital support (to be worn closely around affected area to provide support while permitting limited movement)	Supports genitals and reduces discomfort. Optional.
Survey / questionnaire	Optional.

**KIT 4**

This kit relates to recovery procedures following infant circumcisions. In particular, the kit covering this procedure includes the following items for the following medical purposes:

Item	Medical Purpose
Hydrogen peroxide	Use with swabs to remove crust from the incision.
Antibacterial ointment	Apply to incision to prevent crusting and infection.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incision.
Soothing lotion - Witch hazel	Use externally to moisturize and sooth the area around the genitals. Optional.
Petroleum jelly	Apply to incision area to reduce irritation from the diaper. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	

Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Survey/questionnaire	Optional.

**KIT 5**

This kit relates to recovery procedures following foot surgery, such as for in-grown toe nail, tendon or muscle repair, excision of bone and wart removal surgery. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Cooling pack for foot/toes	Place over foot/toes to reduce swelling and discomfort.
Shower cover	Keep incision area dry when showering. Optional.
Adhesive closure strips	Support incision - helps prevent the incision from opening.
Gauze bandages	Use with paper tape to absorb drainage and keep incision sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incision.
Antibacterial ointment	Apply to incision to prevent crusting and infection.
Paper tape	Use to hold gauze bandage in place.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incision.
Adhesive bandages	Covers incision until completely healed to prevent infection.
OTC Stool softener	Reduces constipation caused by

	prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Foot/toe support (to be worn closely around affected area to provide support while permitting limited movement)	Provides support for the foot/toe during the healing and rehabilitation process. Optional.
Foot/toe wedge	Keeps foot/toe above the heart to minimize swelling and bleeding. Optional.
Surgical shoe	Reduces pressure on the foot from walking and reduces foot movement. Optional.
Survey / questionnaire	Optional.

### **OBSTETRIC AND GYNECOLOGICAL**

These home recovery kits relate to recovery procedures following different types of obstetric and gynecological procedures including birth surgery (both vaginal and cesarean); and surgery relating to the uterus, cervix and vagina.

#### **KIT 1**

This kit relates to recovery procedures following birth, both vaginal and cesarean, with or without laceration and/or episiotomy. In particular, the kit

covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Cooling pack for genitals	Place over genitals to reduce swelling and discomfort.
Bed pads	Prevents pillows and sheets from being soiled by drainage and medication. Optional.
Sitz bath	Use over toilet to clean the external genital area.
Squirt bottle	Mix water and antiseptic soap in squirt bottle. Use bottle to squirt the mixture externally on genital area.
Antiseptic soap solution	Mix with clean water in squirt bottle. Use to clean the exterior genital area.
Heating pad	Place under back to relax tense muscles. Optional.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Hemorrhoid cream	Use to control hemorrhoid flare up.

	Optional.
Post partum book	Help mothers understand manage post partum depression. Optional.
Absorbent pads	Use to absorb fluid discharge from the vagina.
Cooling pack for back	Place under back to reduce swelling and discomfort from strained muscles.
Hydrocortisone cream	Use externally to control itching around the genitals. Optional.
Mesh underwear	Use to hold absorbent pads and/or cooling pack for genitals. Reduces perspiration and irritation. Optional.
Topical painkiller	Apply externally to genitals as necessary to reduce pain. Optional.
Note pad and pen	Avoid getting up to take message or make a note. Optional.
Soothing lotion	Use externally after sitz bath to moisturize and sooth the area around the genitals. Optional.
In addition, use specifically, following Cesarean:	
Gauze bandages	Use with paper tape to absorb draināge and keep external incision sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incisions.
Antibacterial ointment	Apply to incisions to prevent crusting and infection.
Paper tape	Used to hole gauze bandage in place.
Cotton swabs	Use with hydrogen peroxide to remove

	crust from the incisions.
Adhesive closure strips	Support incision - helps prevent the incision from opening.
Abdominal compression wrap	Maintains pressure on abdomen to prevent pooling of fluids. Optional.
Scar revision cream	Use after healing to fade incision scars. Optional.
Survey/questionnaire	Optional.

**KIT 2**

This kit relates to recovery procedures following surgery of the uterus, cervix, vagina, fallopian tubes, and ovaries. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Cooling pack for genitals	Place over genitals to reduce swelling and discomfort.
Bed pads	Prevents pillows and sheets from being soiled by drainage or medication. Optional.
Heating pad	Place under back to relax tense muscles. Optional.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	

Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Absorbent pads	Use to absorb fluid discharge from the vagina.
Mesh Underwear	Use to hold absorbent pads and/or cooling pack for genitals. Reduces perspiration and irritation. Optional.
For procedures done through the abdomen:	
Gauze bandages	Use with paper tape to absorb drainage and keep external incision sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incisions.
Antibacterial ointment	Apply to incisions to prevent crusting and infection.
Paper tape	Use to hold gauze bandage in place.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incisions.
Adhesive closure strips	Support incision - helps prevent the incision from opening.
Abdominal compression wrap	Maintains pressure on abdomen to prevent pooling of fluids. Optional.
Scar revision cream	Used after healing to fade incision scars. Optional.
Survey/questionnaire	Optional.

**PLASTIC SURGERY**

These kits relate to recovery procedures following different types of plastic surgery including: rhinoplasty (nose) surgery; rhytidectomy (face lift) surgery; abdominoplasty ("tummy tuck") surgery; blepharoplasty (eyelids) surgery; breast including mastopexy, mastectomy and breast enlargement surgery; liposuction surgery and face surgery including chemical peel, laser and microderm abrasion.

**KIT 1**

This kit relates to recovery procedures following rhinoplasty surgery. In particular, the kit covering this procedure includes the following items for the following medical purposes:

Item	Medical Purpose
Elevation wedge	Keeps head (nose) above heart to minimize swelling and bleeding. Optional.
Antibacterial ointment	Apply to nasal openings and external incision to prevent crusting and infection.
Bulb syringe	Use to squirt cleansing solution into nasal passages.
Cooling mask for nose and eyes	Place over nose and eyes to reduce swelling and discomfort.
Instructions	
Schedule of use	
Cotton swabs	Use with hydrogen peroxide to remove crust from the nostrils and external incision.
Free samples of related medical items	Optional.
Gauze bandage	Use with paper tape to absorb nasal drainage and keep external incision

	sterile.
Hydrogen peroxide	Use with swabs to remove crust from the opening of the nose and external incision.
Lip balm	Apply to lips to prevent drying and cracking while breathing through the mouth. Optional.
Hypo-allergenic humidifier	Run near bedside to maintain humidity. This keeps nasal membranes from drying out and bleeding. Optional.
Non-alcohol nasal spray mist	Spray into passages to keep membranes moist.
Nose protector (similar to sports)	Wear to protect the nose and septum from damage due to an accidental bump. Optional.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Paper tape	Use to hold gauze bandage in place.
Cleansing solution	Use cleaning solution in nasal passages to remove crust, open airway, and prevent infection.
Saline in squirt bottle	Alternative to using cleansing solution.
Scar revision cream	Use after healing to fade incision scars.
Shower cover	Keep incision area dry when showering. Optional.
Sun block	Use to prevent scar tissue becoming sun damaged and more visible.

	Optional.
Thank you card for the doctor	Optional.
Free samples of medical related items.	Optional.
Special offers and coupons for medical related items.	Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Throat lozenges	Sooths sore throat from surgery and coats/prevents drying when breathing through the mouth. Optional.
Oral moisturizer	Keeps mouth moist. Optional.
Survey/questionnaire	Optional.

## **KIT 2**

This kit relates to recovery procedures following rhytidectomy (face lift) surgery. In particular, the kit covering this procedure includes the following items for the following medical purposes:

Item	Medical Purpose
Cooling pack for face	Place over face to reduce swelling and discomfort.
Elevation wedge	Keeps head (face) above heart to minimize swelling and bleeding. Optional.
Gauze bandages	Use with paper tape to absorb drainage and keep external incision sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incisions.
Antibacterial ointment	Apply to incisions to prevent crusting and infection.

Paper tape	Use to hold gauze bandage in place.
Scar revision cream	Use after healing to fade incision scars.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incisions.
Sun block	Use to prevent scar tissue becoming sun damaged and more visible. Optional.
Hypo-allergenic Humidifier	Run near bedside to maintain humidity. This keeps skin from drying out. Optional.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related medical items	Optional.
Shower cover	Keep incision area dry when showering. Optional.
Hydrocortisone cream	Use on face as necessary to reduce periodic itching. Optional.
Allergy relief medication	Use to control persistent itching. Optional.
Facial band	Holds bandages in place, compresses tissue and promotes healing, limits

	movement.
Bed pads	Prevents pillows and sheet from being soiled by drainage or medication. Optional.
Dry skin soap	Will not dry out the healing areas like regular soap. Optional.
Mild shampoo	Will not irritate the healing areas like regular shampoo. Optional.
Survey/questionnaire	Optional.

**KIT 3**

This kit relates to recovery procedures following abdominoplasty (tummy tuck) surgery. In particular, the kit covering this procedure includes the following items for the following medical purposes:

Item	Medical Purpose
Elevation wedge	Keeps body in bent position, reducing pull on sensitive tummy skin. Optional.
Gauze bandage	Use with paper tape to absorb drainage and keep incisions sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incisions.
Antibacterial ointment	Apply to incisions to prevent crusting and infection.
Paper tape	Use to hold gauze bandage in place.
Scar revision cream	Use after healing to fade incision scars.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incisions.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can

	rupture healing blood vessels. Optional.
Thermometer	Check for fever which would indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of Use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Shower cover	Keep incision area dry when showering. Optional.
Hydrocortisone cream	Use on tummy as necessary to reduce periodic itching. Optional.
Allergy relief medication	Use to control persistent itching. Optional.
Dry skin soap	Will not dry out the healing areas like regular soap. Optional.
Knee wedge	Keeps knees bent; reduces pull on sensitive tummy skin. Optional.
Cooling pack for abdomen	Place over tummy to reduce swelling and discomfort.
Abdominal band	Holds bandages in place, compresses tissue and promotes healing, limits movement. Optional.
Bed pull up device	Use to sit up without putting pressure on the sensitive tummy skin. Optional.
Survey/questionnaire	Optional.

**KIT 4**

This kit relates to recovery procedures following blepharoplasty (eyelid) surgery. In particular, the kit covering this procedure includes the following items for the following medical purposes:

Item	Medical Purpose
Elevation wedge	Keeps head (face) above heart to minimize swelling and bleeding. Optional.
Gauze bandages	Use with paper tape to absorb drainage and keep incisions sterile.
Saline squirt bottle	Use with swabs to remove crust from the incisions.
Ophthalmic Solution	Apply to incisions to lubricate and prevent crusting and infection. Optional.
Paper tape	Use to hold gauze bandages in place.
Scar revision cream	Use after healing to fade incision scars.
Cotton swabs	Use with saline to remove crust from the incisions.
Sun block	Use to prevent scar tissue becoming sun damaged and more visible. Optional.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	

Schedule of use	
Free samples of medical related items	Optional.
Special offers and coupons for related items	Optional.
Shower goggles	Keep incision area dry when showering. Optional.
Allergy relief medication	Use to control persistent itching. Optional.
Bed pads	Prevents pillows and sheets from being soiled by drainage or medication. Optional.
Dry skin soap	Will not dry out the healing areas like regular soap. Optional.
Cooling pack for eyes	Place over eyes to reduce swelling and discomfort.
Rewetting eye drops	Use to keep eyes moist during healing process. Optional.
Survey/questionnaire	Optional.

### **KIT 5**

This kit relates to recovery procedures following breast surgery including mastopexy, mastectomy and breast enlargement surgery. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Elevation wedge	Keeps chest above the lower body to minimize swelling and bleeding. Optional.
Gauze bandage	Use with paper tape to absorb drainage

	and keep incisions sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incisions.
Antibacterial ointment	Apply to incisions to prevent crusting and infection.
Paper tape	Used to hold gauze bandages in place.
Scar revision cream	Use after healing to fade incision scars.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incisions.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Shower cover	Keep incision area dry while showering. Optional.
Hydrocortisone cream	Use on breasts as necessary to reduce periodic itching. Optional.
Allergy relief medication	Use to control persistent itching. Optional.
Bed pads	Prevents pillows and sheets from being soiled by drainage or medication.

	Optional.
Dry skin soap	Will not dry out the healing areas like regular soap. Optional.
Cooling pack for breasts	Place over breast to reduce swelling and discomfort.
Breast band	Holds bandages in place, compresses tissue and promotes healing, limits movement. Optional.
For reduction - full sternum/full back vest	Prevents movement of breasts, compresses tissue and promotes healing. Optional.
Survey/questionnaire	Optional.

**KIT 6**

This kit relates to recovery procedures following liposuction surgery. In particular, the kit covering this procedure includes the following items for the following medical purposes:

Item	Medical Purpose
Gauze bandage	Use with paper tape to absorb draining and keep incisions sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incisions.
Antibacterial ointment	Apply to incisions to prevent crusting and infection.
Paper tape	Use to hold gauze bandages in place.
Scar revision cream	Use after healing to fade incision scars.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incisions.
OTC stool softener	Reduces constipation caused by

	prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Shower cover	Keep incision area dry when showering. Optional.
Hydrocortisone cream	Use on skin necessary to reduce periodic itching. Optional.
Allergy relief medication	Use to control persistent itching. Optional.
Bed pads	Prevents pillows and sheets from being soiled by draining or medication. Optional.
Dry skin soap	Will not dry out the healing areas like regular soap. Optional.
Cooling pack	Place over affected area to reduce swelling and discomfort.
Compression wraps	Holds bandages in place, compresses tissue and promotes healing, limits movement. Optional.
Undergarment pads	Protects clothing from being soiled by drainage or medicine. Optional.
Survey/questionnaire	Optional.

**KIT 7**

This kit relates to recovery procedures following facial surgery including chemical peel, laser surgery and microderm abrasion. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Cooling pack for face	Place over face to reduce swelling and discomfort.
Elevation wedge	Keeps head (face) above heart to minimize swelling and bleeding. Optional.
Gauze bandage	Use to soak off any crust or scabs.
Scar revision cream	Use after healing to fade scars.
Sun block	Use to prevent scar tissue from becoming sun damaged and more visible. Optional.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions - laminated	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Shower cover	Keep affected area dry when

	showering. Optional.
Hydrocortisone cream	Use on face as necessary to reduce periodic itching. Optional.
Allergy relief medication	Use to control persistent itching. Optional.
Bed pads	Prevents pillow and sheets from being soiled by draining or medication. Optional.
Dry skin soap	Will not dry out the healing area like regular soap. Optional.
Mild shampoo	Will not irritate the healing area like regular shampoo. Optional.
Head/Hair band	Keeps hair out of face while healing. Optional.
Cotton balls	Used to gently clean affected areas.
Soothing solution	Use with face compress to sooth face and reduce irritation.
Face compress	Use with soothing solution to sooth face and reduce irritation.
Moisturizing cream	Rehydrates and protects sensitive skin. Optional.
Eye drops	Relieves eye irritation brought on by the procedure or healing process. Optional.
Survey/questionnaire	Optional.

### **ORTHOPEDIC PROCEDURES**

The following home care kits relate to recovery procedures following different types of orthopedic surgeries, including knee (both arthroscopy and

cartilage); shoulder (both arthroscopy, and rotator cuff); and elbow (including tendons, excision of bone and bursa).

### **KIT 1**

This kit relates to recovery procedures for knee surgeries primarily arthroscopy, cartilage and meniscus surgery. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Knee wedge	Keeps knee above heart to minimize swelling and bleeding. Optional.
Cooling pack for knee	Place over knee to reduce swelling and discomfort.
Compression stockings	Reduce swelling and enhance circulation. Optional.
Shower cover	Keep incision area dry when showering. Optional.
Knee support (to be worn closely around affected area to provide support while permitting limited movement)	Provides support for the knee during the healing and rehabilitation process. Optional.
Adhesive closure strips	Support incision - helps prevent the incision from opening.
Gauze bandages	Use with paper tape to absorb drainage and keep incision sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incision.
Antibacterial ointment	Apply to incision to prevent crusting and infection.
Paper tape	Use to hold gauze bandages in place
Cotton swabs	Use with hydrogen peroxide to remove

	crust from the external incision.
Adhesive bandages	Covers incision until completely healed to prevent infection.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Survey/questionnaire	Optional.

## **KIT 2**

This kit relates to recovery procedures following shoulder surgery including arthroscopy and rotator cuff surgery. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Elevation wedge	Keeps shoulder above heart to minimize swelling and bleeding. Optional.
Cooling pack for shoulder	Place over shoulder to reduce swelling and discomfort.
Shower cover	Keep incision area dry when showering. Optional.
Adhesive closure strips	Support incision - helps prevent the

	incision from opening.
Gauze bandages	Use with paper tape to absorb drainage and keep incision sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incision.
Antibacterial ointment	Apply to incision to prevent crusting and infection.
Paper tape	Use to hold gauze bandage in place.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incision.
Adhesive bandages	Covers incision until completely healed to prevent infection.
Stool softener	Reduces constipation from prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Sling	Immobilizes arm/shoulder during the healing process. Optional.
Shoulder support (to be worn closely around affected area to provide support while permitting limited movement)	Provides support for the shoulder during healing and rehabilitation process. Optional.

Survey/questionnaire	Optional.
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**KIT 3**

This kit relates to recovery procedures following elbow surgery involving tendons, excision of bone and bursa surgery. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Cooling pack for elbow	Place over elbow to reduce swelling and discomfort.
Shower cover	Keep incision area dry when showering. Optional.
Adhesive closure strips	Support incision - helps prevent the incision from opening.
Gauze bandages	Use with paper tape to absorb drainage and keep incision sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incision.
Antibacterial ointment	Apply to incision to prevent crusting and infection.
Paper tape	Use to hold gauze bandage in place.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incision.
Adhesive bandages	Covers incision until completely healed to prevent infection.
OTC stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.

Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Sling	Immobilizes arm/elbow during the healing process. Optional.
Elbow support (to be worn closely around affected area to provide support while permitting limited movement)	Provides support for the elbow during the healing and rehabilitation process. Optional.
Elbow pad	Provides comfort when elbow is resting on things. Optional.
Elbow wedge	Keeps elbow above heart to minimize swelling and bleeding. Optional.
Survey/questionnaire	Optional.

**KIT 4**

This kit relates to recovery procedures following hand and wrist surgery including carpal tunnel and tendon surgery. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Cooling pack for hand/wrist	Place over hand/wrist to reduce swelling and discomfort.
Shower cover	Keep incision area dry when showering. Optional.
Adhesive closure strips	Support incision - helps prevent the incision from opening.

Gauze bandages	Use with paper tape to absorb drainage and keep incision sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incision.
Antibacterial ointment	Apply to incision to prevent crusting and infection.
Paper tape	Use to hold gauze bandage in place.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incision.
Adhesive bandages	Covers incision until completely healed to prevent infection.
OTC stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Sling	Immobilizes hand/wrist during the healing process. Optional.
Hand/wrist support (to be worn closely around affected area to provide support while permitting limited movement)	Provides support for the hand/wrist during the healing and rehabilitation process. Optional.
Hand/wrist wedge	Keeps hand/wrist above heart to

	minimize swelling and bleeding. Optional.
Hand exerciser	Use to strengthen hand during the rehabilitation process. Optional.
Survey/questionnaire	Optional.

### **KIT 5**

This kit relates to recovery procedures following back and spine surgery including stenosis, fusions and discectomy surgery. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Cooling pack for back	Place over incision area on back to reduce swelling and discomfort.
Shower cover	Keep incision area dry when showering. Optional.
Adhesive closure strips	Support incision - helps prevent the incision from opening.
Gauze bandages	Use with paper tape to absorb drainage and keep incision sterile.
Hydrogen peroxide	Use with swab to remove crust from the incision.
Antibacterial ointment	Apply to incision to prevent crusting and infection.
Paper tape	Use to hold gauze bandage in place.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incision.
Adhesive bandages	Covers incision until completely healed to prevent infection.
OTC stool softener	Reduces constipation caused by

	prescription pain relief. Straining can rupture healing blood vessels. Optional.
Thermometer	Check for fever which could indicate infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Bed pull up device	Use to sit up without pressure on the back. Optional.
Heating pad	Alternate with cool pack to reduce discomfort and increase flexibility (after 72 hours). Optional.
Back supporter	Provides support for the back during the healing and rehabilitation process. Optional.
Back wedge	Keeps back above legs to minimize swelling and bleeding. Optional.
Survey/questionnaire	Optional.

### **OTOLARYNGOLOGY PROCEDURES**

The following home kits relates to recovery procedures following different types of otolaryngology surgery including nasal and sinus (septoplasty and ethmoidectomy) throat (tonsillectomy and adenoidectomy) surgery; and otologic (stapedectomy and choleseatoma) surgery.

**KIT 1**

This kit relates recovery procedures following nasal and sinus (septoplasty and ethmoidectomy) surgery. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Elevation wedge	Keeps head (nose) above heart to minimize swelling and bleeding. Optional.
Antibiotic ointment	Apply to nasal openings to minimize crusting of drainage.
Bulb syringe	Squirt cleansing solution into nasal passage to remove crusting, open airway, and reduce likelihood of infection.
Cotton swabs	Use with hydrogen peroxide to remove crust from opening of the nose.
Cooling pack for eyes and nose	Place over nose and eyes to reduce swelling and discomfort.
Hydrogen peroxide	Use with swabs to remove crust from the opening of the nose.
Lip balm	Apply to lips to prevent drying and cracking while breathing through the mouth. Optional.
Hypo-allergenic Humidifier	Run near bedside to maintain humidity. This keeps membranes in the nasal passages from drying out and bleeding. Optional.
Oral moisturizer	Apply on tongue and in mouth to prevent drying and cracking while

	breathing through the mouth. Optional.
Nasal bandages	Use with paper tape to absorb drainage from the nostrils.
Non-alcohol nasal spray mist	Spray into nasal passages to keep membranes moist
Nose protector	Wear over nose to protect the nose and septum to avoid damages from an accidental bump. Optional.
Nasal decongestant	Use to control persistent bleeding - consult physician before use.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture healing blood vessels. Optional.
Paper tape	Use to hold nasal bandage in place.
Cleansing solution	Use cleansing solution in nasal passage to remove crusting, open airway, and reduce likelihood of infection.
Saline in squirt bottle	Alternative to using cleansing solution.
Throat lozenges	Sooths sore throat resulting from surgery and coats throat/prevents drying when breathing through the mouth. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related	Optional.

items	
Surveys/questionnaire	Optional.

**KIT 2**

This kit relates to recovery procedures following throat (tonsillectomy and adenoidectomy) surgery. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Lip balm	Apply to lips to prevent drying and cracking. Optional.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture blood vessels in the nasal passages. Optional.
Thermometer	Check for fever which could indicate an infection.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Cooling pack for neck and ears	Place over neck and ears to reduce swelling and discomfort.
Rehydrating freezer pops	Replenishes electrolytes, soothes throat, reduces swelling. Optional.
Water bottle with squirt top	Use bedside for water or thirst quencher. Optional.
Powdered thirst quencher	Mix with water and keep bedside. Keep

	mouth and throat moist, and body fully hydrated. Optional.
Anesthetic throat spray	Spray topical antiseptic on back of throat to reduce pain.
Salt packs	Mix with water and gargle to clean surgical site and reduce risk of infection
Elevation wedge	Keeps head/throat above heart to minimize swelling and bleeding. Optional.
Survey /questionnaire	Optional.

### **KIT 3**

This kit relates to recovery procedures following otologic (stapedectomy and cholesteatoma) surgery. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Elevation wedge	Keeps head (ears) above heart to minimize swelling and bleeding. Optional.
Antibiotic ointment	Use on exterior incisions to prevent infection.
Cotton swabs	Use with hydrogen peroxide to remove crust from the incision area and prevent infection.
Hydrogen peroxide	Use with swabs to remove crust from the incision area and prevent infection.
Bandages	Maintain sterile coverage of incision site and/or ear.
Stool softener	Reduces constipation caused by

	prescription pain relief. Straining can rupture blood vessels. Optional.
Paper tape	Use to hold gauze bandage in place.
Thermometer	Check for fever which could indicate and infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Head band	Use to hold gauze bandage in place and keep ears from moving.
Cooling pack for ears	Place over neck and ears to reduce swelling and discomfort.
Shower cap	Keep incision area dry and water out of ears when showering. Optional.
Ear plugs	Use to keep water out of ears when swimming. Optional.
Survey/questionnaire	Optional.

### **SKIN REPAIR KIT**

This kit relates to recovery procedures following dermatological surgery such as tumor, keloid and mole removal; laceration repair and scar revision. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Scar revision cream	Use after healing to fade incision

	scars.
Shower cover	Keep incision area dry when showering. Optional.
Adhesive closure strips	Support incision - helps prevent the incision from opening.
Gauze bandages	Use with paper tape to absorb drainage and keep incision sterile.
Hydrogen peroxide	Use with swabs to remove crust from the incision.
Antibacterial ointment	Apply to incision to prevent crusting and infection.
Paper tape	Use to hold gauze bandage in place.
Cotton swabs	Use with hydrogen peroxide to remove crust from the external incision.
Adhesive bandages	Covers incision until completely healed to prevent infection.
Thermometer	Check for fever which could indicate and infection. Optional.
Thank you card for the doctor	Optional.
Instructions	
Schedule of use	
Free Samples of Related Medical Items	Optional.
Special Offers and Coupons for Related Items	Optional.
Survey/questionnaire	Optional.

**DENTISTRY & ORAL SURGERY**

This kit relates to recovery procedures following surgery for tooth extraction including the removal of wisdom teeth (impacted or not) and other bases for the removal of teeth. In particular, the kit covering these procedures include the following items for the following medical purposes:

Item	Medical Purpose
Elevation wedge	Keeps head (throat) above heart to minimize swelling and bleeding. Optional.
Stool softener	Reduces constipation caused by prescription pain relief. Straining can rupture blood vessels. Optional.
Thermometer	Check for fever which could indicate an infection. Optional.
Thank you card for your doctor	Optional.
Instructions	
Schedule of use	
Free samples of related medical items	Optional.
Special offers and coupons for related items	Optional.
Cooling pack for cheeks, neck and ears	Place over cheeks, neck and ears to reduce swelling and discomfort.
Topical painkiller	Spray topical painkiller on affected area to reduce pain.
Salt packets	Mix with water and gargle to clean the surgical site and reduce risk of infection.
Gauze bandages	Use to pack extraction site. Optional.

The foregoing description and drawings merely explain and illustrate the invention, and the invention is not limited thereto, except as those skilled in the art who have the present disclosure before them will be able to make modifications and variations therein without departing from the scope of the invention.

What is claimed is:

1. A method for developing and marketing a post operative home recovery kit for use by a patient after discharge from a hospital and for recuperation at home comprising the following steps:
  - (a) identifying the surgery for which the recovery kit is to be used;
  - (b) consulting with a doctor, therapists, other health care professionals, and/or prospective consumers to determine what articles should be contained in the recovery kit;
  - (c) developing the necessary and/or optional contents of the recovery kit based upon the recommendations by the doctor, therapists, other health care professionals and/or prospective consumers;
  - (d) including detailed instructions regarding the use of the articles that are contained within recovery kit;
  - (e) having the doctor or other health care professional review the content of the recovery kit prior to its initial distribution; and
  - (f) having the kit recommended by the physician or other health care provider.
2. The method of Claim 1 further comprising the step of providing an order by telephone facility to enable the patient to order the kit in advance by phone.
3. The method of Claim 1 further comprising the step of providing an order by telephone facility to enable the health care provider to order the kit in advance by phone.
4. The method of Claim 1 further comprising the step of providing an internet based ordering facility to enable the patient to order the kit in advance.
5. The method of Claim 1 further comprising the step of providing an internet based ordering facility to enable the health care provider to order the kit in advance.
6. The method of Claim 1 further comprising the inclusion of free samples of related items within the kit.

7. The method of Claim 1 further comprising the inclusion of a thank you card to the doctor within the kit.
8. The method of Claim 1 further comprising the inclusion of special offers coupons within the kit.
9. The method of Claim 1 further comprising the inclusion of surveys and or questionnaires within the kit.
10. A post procedure home recovery kit for use in connection with obstetric and gynecological surgery, and, in particular, birth home recovery kits, the contents of said home recovery kit comprising: a cooling pack for genitals; sitz bath; squirt bottle; antiseptic soap solution; instructions; schedule of use; absorbent pads; cooling pack for back.
11. A post procedure home recovery kit for use in connection with obstetric and gynecological surgery, and, in particular, birth home recovery kits, particularly for recover from caesarian surgeries, the contents of said home recovery kit comprising: a cooling pack for genitals; sitz bath; squirt bottle; antiseptic soap solution; instructions; schedule of use; absorbent pads; cooling pack for back; gauze bandages; hydrogen peroxide; antibacterial ointment; paper tape; cotton swabs; adhesive closure strips.
12. A post procedure home recovery kit for use in connection with obstetric and gynecological surgery, and, in particular, surgery related to the uterus, cervix, vagina, fallopian tubes and ovaries, the contents of said home recovery kit comprising: a cooling pack for the genitals; thermometer; instructions; schedule of use; absorbent pads.
13. A post procedure home recovery kit for use in connection with obstetric and gynecological surgery, and, in particular, surgery related to the uterus, cervix, vagina, fallopian tubes and ovaries, particularly for procedures done through the abdomen, the contents of said home recovery kit comprising: a cooling pack for the genitals; thermometer; instructions; schedule of use; absorbent pads; gauze bandages; hydrogen peroxide; antibacterial ointment; paper tape; cotton swabs; adhesive closure strips.

14. A post procedure home recovery kit for use in connection with general surgery, and, in particular, surgery requiring an external incision, the contents of said home recovery kit comprising: shower cover; adhesive closure strips; gauze bandages; hydrogen peroxide; antibacterial ointment; paper tape; cotton swabs; adhesive bandages; instructions; schedule of use.

15. A post procedure recovery kit for use in connection with general surgery, and, in particular, hemorrhoid surgery, the contents of said recovery kit comprising: a cooling pack for anus; sitz bath; squirt bottle; antiseptic soap solution; instructions; schedule of use; hemorrhoid cream and/or hydrocortisone cream; antibacterial ointment; absorbent pads.

16. A post procedure home recovery kit for use in connection with general surgery, and, in particular, male genital surgery including vasectomy, implants, circumcision other than for babies, orchidectomy and prostate surgery, the contents of said home recovery kit comprising: an antibacterial ointment; cotton swabs; gauze bandages; adhesive bandages; instructions; schedule of use; cooling pack for genital area.

17. A post procedure recovery kit for use in connection with general surgery, and, in particular, the circumcision of babies, the contents of said recovery kit comprising: hydrogen peroxide; antibacterial ointment; cotton swabs; instructions; schedule of use.

18. A post procedure home recovery kit for use in connection with general surgery, and, in particular, foot surgery, the contents of said home recovery kit comprising: a cooling pack for foot/toes; adhesive closure strips; gauze bandages; hydrogen peroxide; antibacterial ointment; paper tape; cotton swabs; adhesive bandages; instructions and schedule of use.

19. A post procedure recovery kit for use in connection with orthopedic surgery, and, in particular, knee surgery, the contents of said recovery kit comprising: cooling pack for knee; adhesive closure strips; gauze bandages; hydrogen peroxide; antibacterial ointment; instructions; schedule of use; paper tape; cotton swabs; adhesive bandages.

20. A post procedure recovery kit for use in connection with orthopedic surgery, and, in particular, shoulder surgery, the contents of said recovery kit comprising: cooling pack for shoulder; adhesive closure strips; gauze bandages; hydrogen peroxide; antibacterial ointment; paper tape; cotton swabs; adhesive bandages; instructions; schedule of use.

21. A post procedure home recovery kit for use in connection with orthopedic and, in particular elbow surgery, including tendons, extension of bone and bursa surgery, the contents of said home recovery kit comprising: elbow pad; a cooling pack for elbow; adhesive closure strips; gauze bandages; hydrogen peroxide; antibacterial ointment; paper tape; cotton swabs; adhesive bandages; instructions; schedule of use.

22. A post procedure home recovery kit for use in connection with orthopedic and, in particular, hand and wrist surgery, the contents of said home recovery kit comprising: a cooling pack for hand or wrist; adhesive closure strips; gauze bandages; hydrogen peroxide; antibacterial ointment; paper tape; cotton swabs; adhesive bandages; instructions; schedule of use.

23. A post procedure home recovery kit for use in connection with orthopedic and, in particular, back and spine surgery, the contents of said home recovery kit comprising: a cooling pack for back; adhesive closure strips; gauze bandages; hydrogen peroxide; antibacterial ointment; paper tape; cotton swabs; adhesive bandages; instructions; schedule of use.

24. A post procedure recovery kit for use in connection with otolaryngological surgery, and, in particular, septoplasty and ethmoidectomy surgery, the contents of said recovery kit comprising: antibiotic ointment; bulb syringe; cotton swabs; cooling pack for eyes and nose; hydrogen peroxide; nasal bandages; non-alcohol nasal spray mist; nasal decongestant; paper tape; cleansing solution; saline in squirt bottle; instructions and schedule of use.

25. A post procedure recovery kit for use in connection with otolaryngological surgery, and, in particular, tonsillectomy and adenoidectomy surgery, the

contents of said recovery kit comprising: instructions; schedule of use; cooling pack for neck and ears; anesthetic throat spray; salt packs.

26. A post procedure home recovery kit for use in connection with otolaryngological surgery, more particularly, stapedectomy and choleseatoma surgery, the contents of said recovery kit comprising: antibiotic ointment; cotton swabs; hydrogen peroxide; bandages; paper tape; instructions; schedule of use; head band; cooling pack for ears.

27. A post procedure home recovery kit for use in connection with dermatological surgery, such as for the contents of said home recovery kit comprising: tumor and mole surgery, laceration repair and scar revision surgery, the contents of said recovery kit comprising: scar revision cream; adhesive closure strips; gauze bandages; hydrogen peroxide; antibacterial ointment; paper tape; cotton swabs; adhesive bandages; instructions and schedule of use.

28. A post procedure home recovery kit for use in connection with dentistry and oral surgery, such as kits for tooth extraction, including the extraction of wisdom teeth, the contents of said home recovery kit comprising: instructions; oral topical pain killer; salt packs; gauze bandages.

29. A recovery kit according to one of claims 10 through 28, further comprising one or more of the following: gauze bandages; scar revision cream; shower cover; stool softener; thermometer; thank you card(s) for health care provider and personnel; free samples of related medical items; water bottle with squirt top; special offers and coupons for related items; surveys/questionnaires; bed pads; mesh underwear; shower cap; topical painkiller; note pad and pen; soothing lotion such as witch hazel; petroleum jelly; foot/toe support; foot/toe elevation wedge; surgical shoe; hemorrhoid and/or hydrocortisone cream; cleansing solution; postpartum book; genital support; cooling pack for back; hydrocortisone cream; abdominal compression pad; heating pad; elevation wedge lip balm; humidifier, especially hypo-allergenic humidifier; nose protector; throat lozenges; oral moisturizer; sun block; dry skin soap; mild shampoo; allergy relief medication; knee wedge; bed pull up device; ophthalmic solution;

rewetting eye drops; breast band; full sternum back rest; compression wraps; undergarment pads; absorbent pads; cleansing solution; shower goggles; head/hair band; moisturizing cream; compression stockings; knee support (such as neoprene knee support); (arm) sling; shoulder support; elbow support; elbow pad; elbow wedge; hand/wrist support; hand/wrist wedge; hand exerciser; back support; back wedge; cooling back for neck and ears; cooling pack for anus; rehydrating freezer pops; powder thirst quencher; ear plugs; hydrogen peroxide; antibacterial ointment; oral topical pain killer.

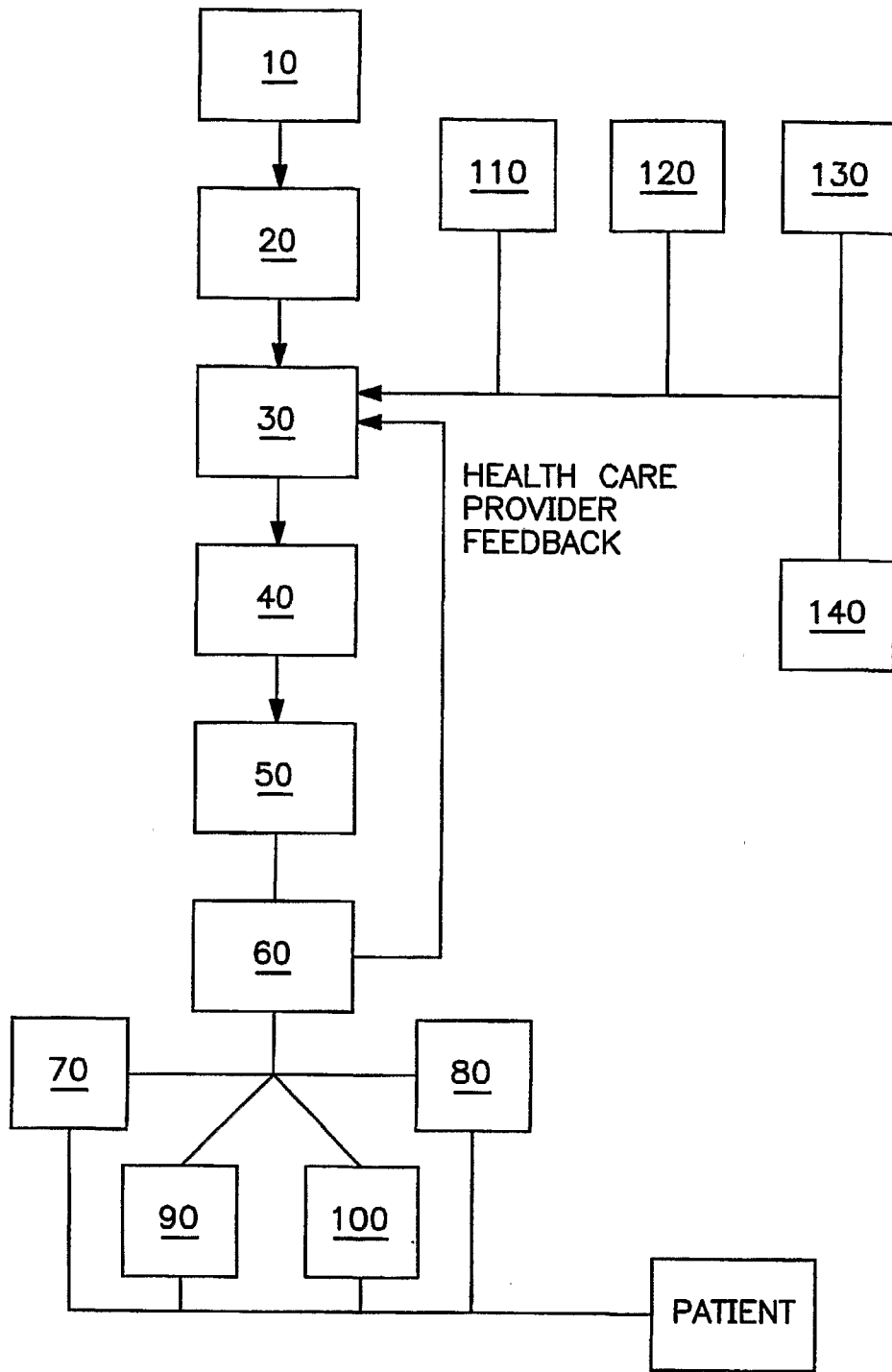


FIG. 1