

## Dental Supply List One Week Trip

- 2 bottles topical anesthetic
- 2 pkg. cotton tip applicators
- 1 pkg. tongue depressors (use for exams and demonstrate how to guide anterior teeth forward)
- 4-5 boxes of gloves(wipe off for several uses with hand wipes)
- 1 large pump bottle hand sanitizer
- 1 box BK McKesson hand wipes(use to clean hands and surfaces)
- 1 sharps container
- 8 boxes lidocaine 1 additional box of stronger (marcaine) is helpful
- 1 box short needles
- 2 boxes long needles
- 2 containers PD Cares wipes(or any type wipe for disinfecting instruments and surfaces)
- Instrument pre-soak tablets to wash instruments
- 1 box dissolvable sutures
- 1 box disposable scalpels
- 1 case gauze, cotton filled 2x2's
- Post op envelopes in local language, with gauze inside
- All surgical instruments you can take, multiples needed so they can be cleaned and disinfected while you see other patients.
- Bite blocks to stabilize mandible.
- Dixie cups for patient to spit into(no suction available, also why you need extra gauze)
- Safety goggles for all team members
- Thin disposable gowns
- 2 bath towels(different colors to designate clean and dirty instruments)
- Plastic table covers(place under towels to keep towels clean)
- 1 small box trash bags
- Head lamps with extra batteries
- 2 plastic tubs to wash instruments(1 for pre-soak,1 for rinse)
- 3-4 small plastic boxes with snap lock lids(use to carry instruments and then use as trays for each patient's instruments)
- Mole skin bandages (use to protect doctor's hands from blisters and bike gloves under latex gloves also help)
- Battery operated suction unit(nice, but not essential)

We took bulk supply of acetaminophen, antibiotics, and ibuprofen and small empty pill bottles and divided and labeled with instructions in local language after we arrived. It is easier to go through customs with drugs in original containers. It is also good to take children's Tylenol if you can. Fluoride varnish is also good to take for children's teeth. We set up 3 stations for patients and rotated between allowing time for anesthesia to take effect.