

## Dressing Supplies: Preparing for Your Varicose Vein Surgery

As you prepare for your upcoming varicose vein surgery, there are certain dressing change supplies you will need to purchase for the recovery period. We will review how to apply these dressings during your preoperative clinic visit.

### What are my care instructions?

After your varicose vein removal surgery, it is common to have oozing from small incisions in your leg as well as swelling in your leg. Follow these instructions to care for your incisions:

1. After 48 hours, take off the dressing from your operation (it may be wet with bloody drainage) and apply 4x4 gauze pads to the areas of oozing.
2. Wrap the gauze pads with the short stretch compression bandages.
3. Wrap the short stretch compression bandages with the elastic bandages.

**Please use the short stretch bandages first.**

4. Change these dressings if they become saturated and continue this process until the oozing has stopped.
5. Please wrap daily and keep the wraps snug but not constricting (too tight). After your clinic visit, you can resume wearing your compression stockings if you are able. Below is a list of the supplies you will need.

### What dressing supplies do I need to purchase?

Below is a list of the supplies you need to purchase before surgery:

#### 1. Non sterile gauze pads (or sponges)

- Most people need around 100 total. These can be purchased in packs of 200 and generally retail for around \$5 per 200 pack.
- There are multiple manufacturers of these and they are available at most pharmacies.





## 2. (4) short stretch compression bandages

- Brand names: Comprilan (reusable) or Rosidal (reusable) or Coban (single use)
- Coban can be purchased at most pharmacies or anywhere first aid supplies are sold. They are generally around \$2 per roll or \$10 for a multipack.
- Comprilan and Rosidal may need to be purchased at a medical supplier or ordered online. Comprilan and Rosidal are between \$5-10 per roll and can be washed to re-use.



## 3. (4) elastic bandages

- Brand names: ACE or Elastikon or EZ band
- These can be purchased at most major retailers that stock first aid supplies and costs around \$2-\$10 depending on the size. You will need enough to cover your entire treatment area.



## Where can I purchase dressing supplies?

Dressing supplies can be purchased at the following locations:

- Durable Medical Equipment Suppliers (DME)
- Local Pharmacies (CVS, Rite Aid or Walgreens)

Some of these supplies may be covered as an eligible expense by flexible spending accounts (FSAs).

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