

Shopping list

Dressings/wound care items

(typically found in the aisle where Band-Aids are located)

- gauze (4X4's or rolls)
- cotton-tip applicators (like Q-tips)
- mild soap (Dove, Ivory, Baby wash, Cetaphil)
- antibiotic ointment (Triple antibiotic, Neosporin)
- chlorhexidine (Hibiclens)
- povidone iodine (Betadine)
- tape for dressings
- alcohol prep pads

Other items

- naproxen (Aleve)
- ibuprofen (Advil, Motrin)
- probiotics (yogurt like Activia or Yoplait Plus, or pills)
- garments