

## **Post Operative Instructions**

### **Varicose Veins**

- **Dressings**
  - Remove the groin dressing after 3 days.
  - Remove the other dressings on the leg (steri-strips and tegaderm) in 10 days.
- **TED Stockings – total 14 days**
  - Wear the stocking night and day for 7 days
  - Wear the stocking at least during the day for a further 7 days
- **Showering**
  - On and after the 3<sup>rd</sup> day, you may remove the stocking and have a shower.
  - The dressings on the leg are waterproof.
  - Gently pat the leg dry (avoid rubbing) and then replace the stocking.
- **Exercise**
  - Rest with the leg/s elevated
    - eg. sit on a couch with your legs on the couch beside you.
  - Avoid long periods with the legs down - either sitting or standing.
  - On the first day at home walk around the inside of the house.
  - On the second day, walk around the outside of the house.
  - Steadily increase the distance you walk – in the first week staying close to home in case of problems.
- **Driving**
  - You should not drive a car until cleared by a medical practitioner – usually 2 weeks. It is important that you are unencumbered by pain, weakness or dressings.
  - You should not drive a car while on pain relief medications or sedatives.
- **Anticipated post procedure course.**
  - It is normal to experience some firmness, tenderness and mild swelling in and around the incisions.
  - Continue to take your normal prescribed medication unless otherwise instructed prior to discharge.
  - Simple analgesia (eg. Panadol, Nurofen) may be taken for post-operative pain.



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- **Problems and Concerns**

- If you experience any of the following, seek urgent medical attention - either with your local doctor or the nearest emergency department:
  - Severe pain.
  - Significant swelling.
  - Substantial bleeding.
  - Discolouration of the foot – eg. blue, white.
  - Numbness or weakness of the leg or foot.
  - Other significant symptoms concerning you.
- In the case of bleeding from one of the legs wounds
  - Lie down.
  - Elevate the leg to above the level of your heart.
  - Apply pressure – e.g. bandage the leg firmly.
  - Seek assistance from a friend, family member or ambulance.
- If you have concerns - contact my rooms
  - **9576 1491.**
- In the case of severe concerns, call an ambulance.

- **Follow-Up**

- It is usual to have a post-operative appointment in 4-6 weeks.
  - Your next appointment is on:
- 



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