

VARICOSE VEIN SURGERY

BEFORE SURGERY

- The surgery center will call you the afternoon prior to surgery to let you know the exact time of arrival and any instructions for the day of surgery.
- Please arrange to have a driver, as you will not be allowed to drive home after surgery.

AFTER SURGERY

- Drink plenty of fluids.
- For the day of surgery and the next day, the patient should plan to stay in bed or on a couch with the operated leg elevated on one or two pillows (keep ankle higher than hip). The patient may get up on those two days to use the bathroom and for meals, but should try to keep the operated leg elevated as much as reasonably possible.
- Use Tylenol 650 mg for mild pain every 3-4 hours as needed. A prescription for stronger pain pills will also be given at the time of surgery.
- Ace wraps may be removed the evening of the day after surgery and the patient may shower before going to bed. The following days, apply elastic support (Ace wraps) during the day and off at night. Use the elastic support daily until your follow-up exam at the surgeon's office and then follow your surgeon's instructions.
- After the first 2 days, walk as tolerated and avoid standing for long periods of time. Continue to elevate the operated leg several times daily to control swelling and discomfort.
- Patient should have a follow-up appointment with the office 5-10 days after surgery.

AVOID

- High impact activity such as running and aerobics for 4 weeks or as directed by the office.
- Driving for more than 2 hours for 4 weeks.
- Flying/plane trips for 4 weeks.
- Sun exposure for 4-6 weeks to prevent permanent discoloration at the site of surgery.

WHAT TO EXPECT AFTER SURGERY

- **BRUISING:** All along the leg. As you heal, the bruising coloration may migrate down the leg (due to gravity) but will eventually fade.
- **SWELLING:** Elevate your leg as directed to minimize swelling.
- **PAIN/DISCOMFORT:** Elevate your leg, walk as tolerated after the first two days and take Tylenol as directed to minimize discomfort.
- **HARDNESS:** Along the track where the vein was located prior to removal. Your body is filling in the "valley" where the vein was located. This will soften and flatten as you heal.

WHEN TO CALL THE OFFICE:

- **Fever**
- **Chest pain or shortness of breath**
- **Severe bleeding**
- **Severe swelling**
- **Pain in the leg that will not go away**