

## DISCHARGE INSTRUCTIONS

### LEG SURGERY

Following discharge from the hospital, you may have some questions about your operation, your activities or your general condition. These instructions may answer some of your questions and help you adjust during the first few weeks following your operation.

**ACTIVITY** Limit your physical activity to slow walking. Avoid stooping, climbing or heavy lifting for the first four weeks after surgery. Initially some discomfort will be felt on walking as the skin and muscle tissues heal. You may require help with walking or feel more secure with someone to lean on. Walking up steps and normal activities may be resumed as you feel ready.

You should not drive a car for at least one week following discharge from the hospital. You may *ride* in a car for *short* trips.

**DIET** Resume your normal diet. Try to eat low fat and low cholesterol foods.

**MEDICATIONS** Resume all medications taken prior to your operation unless you receive specific instructions to change.

**INCISION** You may include the operated area in a shower on the fifth day following surgery. Sitting in a tub is not recommended for the first week following surgery or if you have any open wounds. It is normal to have swelling or discoloration around the incision. If increasing redness or pain develops, call our office immediately. Numbness in the region of the incision may occur following the surgery. This normally resides in six to twelve months. If any of your incisions are open and require dressing changes, you will be instructed in this. If you are not able to change the dressings, a visiting nurse will be arranged.

**LEG SWELLING** Most patients have some noticeable leg swelling after leg surgery. This usually disappears within a few weeks. If swelling is present, elevate the leg whenever possible. Avoid sitting with the leg hanging down for prolonged periods of time. Walking is beneficial. An ace bandage or support stocking may be helpful.

**FOLLOW UP STUDIES** Doppler ultrasound studies are very important to your post-operative care. Your surgeon will arrange for them at your first postoperative visit. Repeat studies are then scheduled every three months for the first two years and periodically after this.

**APPOINTMENTS** Make an appointment to see your *primary care physician* within one month after your discharge.

**Please call our office the day of your discharge from the hospital or the following day so we can schedule your first post-operative appointment.**

***PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS. 610-252-8281.***