

DISCHARGE INSTRUCTIONS VARICOSE VEIN SURGERY

1. When released from the hospital you should have a compression bandage in place on the operated leg. This bandage should feel snug but not “too tight”. If the bandage becomes blood soaked or painfully tight, elevate your leg and call your surgeon immediately.
2. If the operated leg becomes increasingly painful or swollen, or if there is increasing redness or pain around your incision, contact our office.
3. For the *first day* after your operation elevate your leg as much as possible. You are encouraged to walk at least 20 minutes the first day. When sitting the leg should be elevated. The preferred position is to have the leg at or above the level of the heart. Starting on the *second post op day* walking is encouraged.
4. Some bruising of the skin is common after varicose vein surgery. This can be lessened by strict elevation of the leg. Many patients will notice some numbness of the shin on the top of the foot, ankle or calf. This usually fades with time, but may be persistent. After surgery you can expect bruising, swelling and hard knots on your leg. As your body heals the bruising will fade and the swelling and knots will subside.
5. Observe incisions daily. Report to our office any of the following:
 - a. Any areas that are red and angry in appearance.
 - b. Any drainage that is milky or cloudy in appearance or that has a foul odor.
 - c. Temperature elevation of 100.5 or greater.
6. If sunbathing your legs, apply sunscreen with SPF 30 to incisions for up to one year after surgery to reduce the chances of your incisions darkening.
7. You will return to our office in 2 to 3 days to have your surgical bandages removed for the first time. If your surgery took place on Friday you will be scheduled on Tuesday. The scheduled office surgeon, not necessarily the surgeon that did your surgery, will see you. Your appointment is scheduled as follows:

Date: _____

Time: _____

8. If you have any questions, please call our office.