

Postoperative Instructions: Varicose Vein Surgery

1) Start with light liquids and ice chips to make sure your stomach is settled following the anesthetic. If you feel well, you may advance your diet to a regular diet, as tolerated today. At any time you experience any nausea or vomiting, simply stop and take ice chips and light liquids until the nausea and vomiting resolves.

2) Please rest as much as possible and keep your leg elevated. To keep your leg elevated you must be lying flat with your leg higher than your heart. It is of no value to sit in a chair with your leg on a stool if it is lower than your heart. In addition, sitting causes increased swelling in the leg. Standing is very detrimental as this will also cause a pooling of blood in your leg and increased swelling and discomfort. It is best to lie with your leg elevated or to be up walking. Walking is very good for you in this recovery period as it will help pump the blood out of your legs.

3) Leave the large bandage in place. We will remove it in the office on your follow up visit. You may shower or bathe with the bandage in the place, but you must cover it with a plastic dressing so that it will not get wet.

4) It is not unusual, especially if you have been up on your feet walking, to experience some heaviness and numbness in the leg and foot. If this occurs, simply lie down and elevate your leg until it resolves. If the numbness and tingling in your foot is persistent or worsens, please let us know.

5) Take your medications as prescribed for pain and nausea.

6) If you have increasing pain, increasing in severity and not controlled by pain medications, or fever greater than 101 F, please let me know.

7) Return to see me in the office on _____ . Call my office for an appointment as soon as possible. We would like to see you for a return visit in approximately 7 to 10 days, but do call for an appointment as early as possible.

8) It may be necessary for you to contact me following your surgery to ask questions regarding your surgery or care, or to have medications refilled. Although we will be available to take your calls in the evening hours, as a courtesy to us and to assure you better service since resources are limited after hours, please call as early in the day as possible. If you think you are having a problem with your incision or need medical care, it is better to call earlier in the day, not only to allow us to see you if necessary, but to make sure that your pharmacy is open. If your medications are running low, please call us for refills before they run out so that you do not have to go for an extended period of time without them.