

VARICOSITY VEIN CENTER

POST-OPERATIVE INSTRUCTIONS for **VEIN SURGERY**

1. The day of surgery, keep your leg elevated when sitting – you may walk as much as you like. The day following surgery, we encourage walking as much as possible as this expedites the healing process.
2. Wear the compression bandages continuously for 48 hours. Please do not get your bandages wet.
3. You may experience *mild* swelling of your foot – this is normal. A small amount of drainage is also normal; however, any intense pain, numbness, tingling sensation, or excessive swelling is not. Please contact us if you experience abnormal symptoms.
4. 48 hours following your surgery, remove the compression bandages. You may take a shower at this point. Do not soak in a tub. Once finished, put on your compression hose and wear them at all times when you are up and around. You do not have to sleep in the compression hose.
5. If prescribed, take your antibiotics as directed for three days.
6. Take 800mg of Ibuprofen every eight hours or the narcotic prescription that has been prescribed by the doctor for discomfort.
7. Please return to our office for your post-operative follow-up appointment as directed by the physician or the physician's assistant; if you do not already have an appointment, you may schedule one by calling (205) 592-1800 between 8:30am and 5pm.
8. Wear your compression hose for three weeks during the day. Again, you do not have to sleep in the compression hose.
9. Wait at least one week before resuming exercise (other than walking) or getting into a hot tub or pool. Running, strenuous exercise such as leg presses, and high-impact aerobics/sports should be avoided for 10 – 14 days.
10. If you have any concerns, call 205.592.1800 (8:30am – 5pm weekdays) or 205.599.3700 (after hours and weekends).
11. If you are experiencing a true vascular emergency, call 911 or go immediately to the nearest Emergency Room.