



Vein Center

POST-OPERATIVE INSTRUCTIONS

THE DAY OF SURGERY

1. The day of surgery, walk as much as possible. When sitting, keep your legs elevated. DO NOT lay flat or sit for extended periods of time. We recommend walking a minimum of 10 minutes every 1 – 1½ hours.
2. Wear your compression bandages (ace wrap) continuously overnight for the **first two nights**. Please do not get your bandages wet.
3. You may experience mild swelling of your foot, a clear or pink colored drainage from the local anesthesia (numbing medicine), numbness, tingling, redness (erythema), veins that feel “rope like”, and warmth.
4. Drink six to eight (8 ounce) glasses of water daily for 3 days.
5. If you have had the removal of varicose veins (phlebectomy), you may experience clear or pink colored drainage from local anesthesia (numbing medicine), bruising, “knots” (closed off veins), redness and warmth.
6. You may take 800 mg (4 tablets) of Ibuprofen every 8 hours (maximum of 12 tablets in 24 hours) if your stomach tolerates. Or you may take Aleve (2 tablets) twice a day for any discomfort you may have. Antibiotics are not needed unless prescribed by the doctor. If unable to tolerate ibuprofen, then you may take Tylenol as directed.
7. **If you experience intense pain, excessive swelling or bleeding, shortness of breath or chest pain, please contact us at (205) 815-4800.**
8. **If you are experiencing what you feel to be an emergency, please call 911 or go immediately to the nearest Emergency Room.**

THE MORNING AFTER

1. The morning following your surgery, remove the compression bandages. Any steri-strips or glue should NOT be removed until a 7-10 day period.
2. 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 during the day. You should NOT sleep in your compression hose.
3. Wait at least 7 days before resuming vigorous exercise, such as running, weight training, high impact aerobics, etc. Also wait at least 7 days before taking hot baths or getting into a hot tub.

THEREAFTER

Wear your compression hose for two weeks during the day. If you are not able to use your hose consistently, use an ace wrap for compression. Remember, you do not need to wear compression bandages at night.

Please return to our office for a follow-up appointment in 2-10 days after your procedure.

Ultrasound Follow-up Appt.: _____

MD Office Follow-up Appt: _____

For questions or concerns, please call our office at 205-815-4800, Monday through Friday from 8:00am to 4:00pm.

Patient/Guardian: _____

Date: _____

I acknowledge that I have read and understand the above post-operative instructions, and that they have been discussed with me.