

Post Operative Varicose Vein care

After Care:

After your anesthesia has worn off you will be released home. You will have an ace drsg/compression stocking on the effected surgical leg site. Under the ace/compression is a gauze drsg and under this drsg you may find clear “steri-strip” band aids. **YOU MAY TAKE THIS DRSG OFF IN 2 days** when you go to bed at night leaving the steri-strips in place. After your surgery the doctor will advise you as to how long he wants’ you to wear the compression/ace wrap. This may be as long as 2—4 weeks **AGAIN**, your doctor will advise you. Wear the compression stockings/ace wraps during the day only. At night remove and elevete your feet on a pillow.

The doctor wants you to move about, so every hour or so get up and walks a short distance when you return home, this **APPLIES to the Day of your Surgery** and is to prevent blood clots from forming. You may bruise; this is normal and nothing to be concerned about. Should you have any drainage from the incision sites, temperature or bleeding call our clinic front desk at 301 295 4779 and ask to speak with the Nurse Case Manager. Should this occur on the weekend please have it checked out in an ER.

Your doctor will provide you with pain medication should it be needed. Drink extra water and include more roughage in your diet. Also your doctor will tell you when he wants to see you for your f/u evaluation.

Our goal is to provide you with a positive experience and one that is most beneficial for your vascular need.

Sincerely

Vascular Surgery Doctors.