

After Varicose Vein Surgery

Follow-up appointment:

Doctor: _____

Date: _____

Time: _____

Vascular Clinic

4th floor, Halifax Infirmary

› Phone: 902-473-1609

After Varicose Vein Surgery

Medications

Take medications as prescribed. **Do not drink alcohol while taking pain pills.**

Activity

- Be as active as is comfortable for you.
- **Do not** stand or sit for long periods of time.
- When sitting, raise your legs above the level of your heart.
- Exercise your legs and feet by bending and straightening them. Exercise is important to help blood flow.
- Take short walks.
- Ask your doctor when you can return to work. This will depend on your type of work and your recovery.

Incision (cut)

- **Do not** shower for the next 48 hours (2 days).
- After you shower, rewrap your leg using the bandage you were given after your procedure. Start wrapping from the bottom of your leg. If the bandage is soiled, you may wear a compression stocking.
- **Do not** take a tub bath for 7 to 10 days.

Bandages

- **Do not** remove your bandages for 48 hours.
- Wear a stretchy bandage until you see your surgeon for your follow-up visit.
- You may wear a compression stocking instead of a bandage if it is more comfortable.

If you have bleeding:

- Place your hand over the bandage. Press firmly for 5 minutes.
- Raise your leg up on pillows above the level of your heart.
- Rest quietly until the bleeding stops.

If the bleeding does not stop, call your doctor. If you have severe (very bad) bleeding, go to the nearest Emergency Department right away or call 911.

Signs of infection

Call your surgeon or primary health care provider (family doctor or nurse practitioner) right away if you have:

- › Fever (temperature over 38⁰ C/100.4⁰ F) and/or chills
- › Drainage from the incision that has an odour or colour

- › Separation (edges come apart) of the incision
- › Redness
- › Numbness or tingling in the operated leg
- › Unusual colour (like white or blue) of toes on operated leg
- › Pain that is not helped by medication

Go to the nearest Emergency Department right away if you have:

- › Pain in the calf (bottom part of your leg) of your operated leg that does not go away with movement or massage
- › Shortness of breath
- › Pain in your chest

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Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.