

Patient & Family Guide
2025

After Varicose Vein Surgery

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Medications

- Take your medications as prescribed.
- **Do not drink alcohol while taking pain medication.**

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 surgeon when you can go back to work. This will depend on your type of work and your recovery.

Incision (cut)

- **Do not** shower for 48 hours (2 days).
- After you shower, rewrap your leg using the bandage you were given. Start wrapping from the bottom of your leg.
 - › If the bandage is soiled, you may wear a compression stocking.
- **Do not** take a 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 and 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 surgeon. 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 above 38 °C or 100.4 °F) and/or chills
- › Drainage (fluid) from the incision that has a bad smell or is green or yellow

- › Separation (edges come apart) of the incision
- › Redness
- › Numbness or tingling in the operated leg
- › Toes on your operated leg are not their usual colour (like white or blue)
- › 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 or trouble breathing
- › Pain in your chest

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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