

# 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](http://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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