

PATIENT DISCHARGE INSTRUCTIONS: Varicose Veins

Call 911 or immediately go to the Hospital Emergency Department nearest your location if you feel you have an emergent problem.

Please call the Doctor if:

- ✓ You measure your temperature with a thermometer and it is over 102 degrees.
- ✓ There is unexpected redness, swelling, pain, or drainage from an incision.
- ✓ You have unexpected shortness of breath.
- ✓ You have increasing pain not helped by your medication.
- ✓ You have urgent concerns about your surgery.
- ✓ You are unable to eat or drink well.
- ✓ You have uncontrollable nausea, vomiting, or diarrhea..
- ✓ You cannot eat your food.

Day of Surgery:

- ✓ Lie flat on bed or couch and elevate your legs above the level of your head.
- ✓ Do not use a recliner for leg elevation.
- ✓ Minimize the time you are walking or standing to 5 minutes per hour.
- ✓ Minimal bleeding on the dressing is normal
- ✓ No lifting, bending, or stooping for 24 hours
- ✓ Resume your normal diet

Day after Surgery:

- ✓ If you have Wound Clinic wrapping leave the dressing in place.
- ✓ If you are not a Wound Clinic patient remove the ace bandages and white gauze on post-operative day 1.
- ✓ Leave the white tape Steri-strips in place.
- ✓ You may shower post-operative day 1, and then dry the leg.
- ✓ Apply the ace bandages for comfort or use compression hose in the daytime
- ✓ Call the Doctor's office with questions.

Diet:

- ✓ You may return to your normal diet unless given other instructions.
- ✓ Do not over eat or drink excessive water.

Medication:

- ✓ Take only the medicines prescribed for you.
- ✓ Do not take other medications unless the doctor tells you to do so.

Tobacco and Alcohol:

- ✓ Tobacco should not be used.
- ✓ Alcohol should not be used.

Driving:

- ✓ You may resume driving or using powered equipment the day after surgery if you normally drive or use power equipment. Do not perform these activities if you are taking pain medication.

Doctors Appointment:

- ✓ Please keep your appointment with the doctor as scheduled.
- ✓ Please keep your appointment with the Wound Clinic if scheduled.
- ✓ Please keep your appointment with the Vascular Lab if scheduled.

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