

POST VARICOSE VEIN SURGERY PATIENT CARE

Post-operative

Bandaging is removed the day after surgery and a long stocking (TED stocking) is placed prior to mobilizing. This should be worn 24-hours a day for about 7 days. After this it can be discontinued but you may feel it does provide some comfort during prolonged standing. If you have had an RFA (Radiofrequency Ablation) procedure to your leg/s you will be sent for a scan the morning after your theatre to check for any DVT's.

Wound care

Steri-strips are placed on each of the small incisions during surgery. They will come away after about 7 days. You can shower with these in place. Larger incisions such as in the groin are sutured with "dissolving" sutures also.

Bruising

Bruising is normal especially in the thigh area and areas where large varicosities were situated. Some areas of "hard lumps" may be felt in some of these areas this is normal and these will resolve over a few weeks.

Activity

General activity is encouraged within reason. You may be limited by discomfort in the first few days. Avoid prolonged standing and excessive exercise such as jogging or aerobics for at least the first week. After this all activities can be carried out as pain allows.

Driving the car should be avoided for the first few days but can resume after this when you are comfortable pushing down on the pedals. It is advised that you will not be able to fly for 48 hours after your surgery.

Follow-up

A routine follow-up appointment should be arranged for approximately 4-6 weeks after surgery.

If there are any concerns such as increasing pain or redness of the wounds, it is advisable to contact your doctor or surgeon for further advice.

Contact Us

P 07 3847 7594 **F** 07 3847 7583 **E** reception@atsurgical.com.au