



POST-OPERATIVE INSTRUCTIONS :

THE DAY OF SURGERY

1. The day of surgery, walk as much as possible. When sitting, keep your legs elevated. DO NOT lay flat or sit for extended periods of time. We recommend walking a minimum of 10 minutes every 1 – 1½ hours.
2. Wear your compression bandages (ace wrap) continuously overnight for the first night only. Please do not get your bandages wet.
3. Wear your compression hose for one week during the day. If you are not able to use your hose consistently, use an ace wrap for compression. Remember, you do not need to wear compression hose/bandages at night.
4. If you have had an endovenous thermal ablation procedure (laser or radiofrequency), you may experience mild swelling of your foot, a clear or pink colored drainage from the local anesthesia (numbing medicine), numbness, tingling, redness (erythema), veins that feel “rope like”, and warmth. If you have had a chemical ablation (Varithena), you may experience mild burning in treated leg.
5. Drink six to eight 8-ounce glasses of water daily for 3 days.
6. If you have had the removal of varicose veins (phlebectomy), you may experience clear or pink colored drainage from local anesthesia (numbing medicine), bruising, “knots” (closed off veins), redness and warmth. The skin glue over incision sites should not be removed and will wear away over the next 7–14 days. If you should have a sudden amount of bloody drainage, apply pressure for 10–20 minutes while keeping leg elevated.
7. You may take 800 mg (4 tablets) of Ibuprofen (an Anti-inflammatory) every 8 hours (maximum of 12 tablets in 24 hours) if your stomach tolerates. Best to take with food. Or you may take Aleve (2 tablets) twice a day for any discomfort you may have. Antibiotics are not needed unless prescribed by the doctor.
8. **If you experience intense pain, excessive swelling or bleeding, shortness of breath or chest pain, please contact us at 205-592-1800 Monday through Friday from 7:45am to 4:30pm. After hours, you may reach the healthcare provider at 205-834-2516 (Please note that this number is not for billing questions).**
9. **If you are experiencing what you feel to be an emergency, please call 911 or go immediately to the nearest Emergency Room.**

THE MORNING AFTER

1. The morning following your surgery, remove the compression bandages. If you have had an ablation, you may remove the band aids. If you have had a Phlebectomy any steri-strips or glue should NOT be removed.
2. You may take a shower at this point. DO NOT soak in a tub. Once finished, put on your compression hose and wear them at all times during the day. You should NOT sleep in your compression hose.
3. Wait at least 7 days before resuming vigorous exercise, such as running, weight training, high impact aerobics, etc. Also wait at least 7 days before taking hot baths or getting into a hot tub.

THEREAFTER

1. Please return to our office for a follow-up appointment in 3-10 days after your procedure. If you are not able to schedule your appointment before you leave, please call 205-592-1800 at your earliest convenience to do so.
2. **If you have any questions, please feel free to call our office during normal business hours at 205-592-1800 Monday through Thursday from 7:45am to 4:30pm. Friday 7:45am to 12 noon,**