

HOMWOOD

2704 20TH STREET S, SUITE 100
BIRMINGHAM, AL 35209
(205) 430-2952

MONTGOMERY / AUBURN

1950 BERRYHILL RD
MONTGOMERY, AL 36117
(334) 209-5458

RIDGELAND, MS

204 WEST JACKSON STREET, SUITE A
RIDGELAND, MS 39157
(601) 215-5693

HUNTSVILLE

2010 SOUTHPOINT PARK CIRCLE
SUITE 160
HUNTSVILLE, AL 35801
(256) 715-7151

MADISON

1041 BALCH ROAD
SUITE 375
MADISON, AL 35758
(256) 258-9940

CULLMAN

CULLMAN REGIONAL MEDICAL CENTER
1942 AL-157 NORTH
CULLMAN, AL 35058
(256) 787-2240



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 continuously overnight for the first night only. 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 (EVLA), 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. 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 steristrips over incision sites should not be removed and will fall off over time. If you should have a sudden amount of bloody drainage, apply pressure for 10–20 minutes while keeping leg elevated.
6. You may take 800 mg of Ibuprofen (an anti-inflammatory) every 8 hours if your stomach tolerates (best to take with food). Or you may take Aleve twice a day for any discomfort you may have. Antibiotics are not needed unless prescribed by the doctor.
7. If sedation is used, you may not drive for 24 hours after surgery.

After Surgery

1. The morning following your surgery, remove the compression bandages. Any band-aids, steri-strips, and/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. Walking is permitted and encouraged the day after surgery. Wait until your post-op appointment before resuming vigorous exercise, such as running, weight training, high impact aerobics, cycling, etc.
4. Also wait before taking hot baths, getting into a hot tub or pool.

It is very important to return for your post-op appointment. Further recovery instructions will be given at that time. If you are experiencing what you feel to be an emergency, call 911 or go immediately to the nearest Emergency Room. If you experience intense pain, excessive swelling or bleeding, shortness of breath, or chest pain, you can call the office during normal business hours. No narcotics are prescribed after hours or on weekends. If the office is closed, please call the after-hours number below.

Emergency After-Hours Phone for all Alabama locations: 205-930-4212