

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 steri-strips 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-top 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. If the office is closed, please call the after-hours number below.

Homewood office (205) 592-1800 · Homewood after-hours (205) 834-2516
Montgomery office (334) 647-1811 · Montgomery after-hours (205) 834-2516
Auburn office (334) 647-1811 · Auburn after-hours (205) 834-2516
Huntsville office (256) 715-7151 · Huntsville after-hours (205) 834-2516
Ridgeland office (601) 291-5291 · Ridgeland after-hours (601) 966-0267