

## 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 two weeks 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 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.
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 every 8 hours (maximum of 12 tablets in 24 hours) if your stomach tolerates. 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 7:30am to 4:30pm. After hours, your may reach the health care provider on call at (205)834-2516.**
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. Any steri-strips, band aides 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 you earliest convenience to do so.
2. **If you have any questions or concerns, please feel free to call our office at (205) 592-1800, Monday through Friday from 7:30am to 4:30pm. After hours, your may reach the health care provider on call at (205)834-2516.**

