

SURGICAL ASSOCIATES P.L.L.C.

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POST SURGERY INSTRUCTIONS: LASER TREATMENT FOR VARICOSE VEINS

ACTIVITY

Your physical activity after surgery will be determined by how your legs feel. In general, you will be able to walk, sit, drive a car and pursue normal physical activity. In the early days after surgery, your legs may tire. If they do, sit down and elevate your legs above the level of your heart if possible. Vigorous activity such as jogging, bicycling, aerobics, and leg weights should be avoided for 7 to 10 days following surgery.

If you travel by car or airplane for more than one hour during the next six (6) months, wear your support stockings.

BANDAGES

The pressure bandages (Ace wraps) are designed to decrease swelling and increase the rate of healing. They should be left in place for 48 hours. If your toes turn blue or feel numb, loosen the bandage. If symptoms persist, call our office. Should any of the surgical wounds remain open and drain fluid, cover them with a Band-Aid and a non-prescriptive antibiotic ointment such as Polysporin or Bacitracin.

After the Ace wrap and bulky surgical dressings are removed, wear your support stockings 24 hours a day (except for showering) for one week. The stockings are then worn during the day and left off at night and for an additional 2-3 weeks, or as recommended by your physician. In lieu of stockings, Ace wraps may be worn.

DISCOLORATION

Bruising is common and occurs with any procedure. It will follow the pathway of the removed veins and become more apparent 2 to 3 days after surgery. Lumps may also be present where veins were removed. These will go away in a few weeks. Use sunscreen (at least SPF 30) on your legs for the next 2-3 months to avoid a darkening of the skin where you have been treated.

PAIN MEDICATION

Modern varicose vein surgery is remarkably pain free although it remains an uncomfortable procedure. This discomfort can usually be relieved with Ibuprofen, Tylenol or Extra Strength Tylenol, 1 to 2 tablets every 4 to 6 hours. Should you need stronger pain medication, please call our office.

BATHING & SHOWERING

After the bulky surgical dressings are removed, you may shower. Be sure that the surgical wounds are thoroughly patted dry after showering to decrease the chances of developing a wound infection. Avoid soaking in hot baths, tubs or spas for 4 weeks.

OFFICE RETURN VISIT

A follow-up duplex scan will be scheduled. Please schedule a follow-up appointment for 2 weeks after surgery.

PLEASE DO NOT WEAR PERFUME, COLOGNE, AFTERSHAVE OR OTHER FRAGRANT SPRAYS, GELS OR LOTIONS. SOME STAFF AND PATIENTS ARE SENSITIVE OR ALLERGIC TO FRAGRANCES. YOUR EXAM MAY HAVE TO BE RESCHEDULED IF YOU FORGET AND USE A FRAGRANCE. ALSO, NO SMOKING PRIOR TO THE APPOINTMENT.

QUESTIONS OR CONCERNS ABOUT YOUR PROCEDURE?

Please call our office at 360/493-5252.