

Varicose Veins

Post-Operative Instructions

Pain:

You will experience some pain after your surgery. Your Surgeon has prescribed medication for pain relief; please take as instructed.

Operative Site:

On your operative leg you will have several small incisions and possibly a small incision in your groin. You will be sent home with support stockings or tensors. They are optional at night or in bed but wear them at all other times for two weeks after surgery, except when you shower or when they need to be laundered. You will be billed for the TED stockings following discharge if the Doctor has requested you to wear these.

Activity:

Walk only for short periods during the first 24-48 hours post-op. Elevate legs when at rest and take rest periods every 2-3 hours. Exercise and rest periods should continue for three weeks after surgery. Walk rather than sit or stand. Maintain good posture at all times. Regular movement and exercise of leg(s) is important. Move your foot up and down for a few minutes every hour. Do not cross your legs while you are sitting.

Diet:

Light diet for the first few days after surgery. Add extra fiber to your diet and drink extra fluids to avoid constipation. Do not strain while having a bowel movement.

Follow-Up:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit may call you the day after your surgery to discuss any concerns.

[Continued On Other Side](#)



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