**PERIOPERATIVE SERVICES**

**Day Surgery Unit**

**Post-Operative Instructions**

**Varicose Veins**

**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. Your groin dressing should stay on for 3 days unless it gets loose, lifts or is soiled; under your groin dressing are steri-strips ™. After 3 days your groin dressing may be removed and allow your steri-strips™ to fall off usually within 5 to 7 days. You will be sent home with Coban™ 2 lite compression dressings wrapped on your leg. It must stay on at all times for 3 days after your surgery. After 3 days you can remove bandages to shower then rewrap your leg with Coban™ 2 Lite compression dressing or tensors bandages which you can purchase at a pharmacy. Your surgeon will advise you as to when you can stop wearing these.

**ACTIVITY:**

You should walk for short periods during the first 24-48 hours after your surgery. Elevate your 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:**

Eat a light diet for the first few days after surgery, then you may resume your regular diet. Drink extra fluids to avoid constipation. Add extra fiber to your diet. Good sources of fiber such as fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat). It’s important not strain while having a bowel movement.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**FOLLOW-UP:**

On the day of your surgery you will be given a date for a follow up appointment. If you are a Day Surgery patient, a nurse will call you the day after your surgery to see how you are doing and to discuss any concerns.

**ADDITIONAL INFORMATION:**

It is important to wear proper support hose, as prescribed, once the compression wraps or tensors bandages have been discontinued by your surgeon.

You may loosen the tensor bandages/ Coban™ 2 Lite if any of the following occur:

* Increasing tightness of bandage.
* Numbness or swelling of foot.
* Pins and needles sensation of foot.
* Blueness of foot.

**If these symptoms do not disappear after loosening the bandage, then call your surgeon or go to the nearest Emergency Department.**

**AVOID CROSSING YOUR LEGS, TIGHT GARTERS, CONSTRICTING GIRDLES, OR NON-SUPPORT PANTY HOSE. Please note: Support panty hose may be worn.**

**Call your surgeon or go to the nearest Emergency Department if you have any of the following:**

* Increased redness or swelling around your incisions.
* Elevated temperature (38ºC or 100.4ºF) and/or chills lasting more than 24 hours

**Additional Instructions:**

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The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer, and ask that your healthcare providers and visitors do the same." Clean hands save lives.