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*Information for You from Your Health Care Team*

## **Varicose Vein Surgery Discharge Instructions**

### **Activity:**

- Gradually increase the distance that you walk each day.
  - It may take 2-4 weeks until you are able to walk normally again.
  - For the first few days, your legs may tire easily. If they do, sit down and raise them above your heart.
- Avoid intense physical activity, such as high-impact aerobics, jogging or weightlifting for 3-6 weeks following surgery.
- Avoid prolonged sitting or standing.
- You may resume driving after about a week or when you feel you can safely operate the car's pedals.

### **Incision Care:**

- Ace wraps and dressings are put on after surgery
  - Remove ace wraps and dressings after 48 hours.
  - Leave the small pieces of tape that cover the incisions in place. After 10-14 days, you can peel them off.
- Ace wraps or elastic stockings should be worn during the day for at least 2-4 weeks.
  - This will limit the amount of bruising and swelling.
  - You may remove your ace wraps or stockings to shower and at bedtime.
- If you develop increased leg pain, fever greater than 101, or swelling, redness, warmth, drainage, or bleeding from your leg incision, call the office immediately at 464-4550.

**Discoloration:**

Bruising after varicose vein surgery is normal and will follow the path of the removed veins. The bruising will become darker two or three days after surgery. Lumps may also be present where veins were removed.

**Bathing / Showering:**

- You may shower 48 hours after surgery.
  - You can wash your legs gently with soap and water and pat them dry. Avoid vigorous rubbing of the incisions.
  - Do not take a bath, sit in a whirlpool or go swimming until the wound is completely healed.

**Speak Up If You Have Any Questions or Concerns**

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