

**Please read prior to surgery &  
refer to this sheet after surgery. You will receive  
information at discharge, but it will not be this detailed.**

## General Instructions Following **Varicose Vein – Ligation & Stab Plebectomy**

**\*If you have increasing redness around the incision sites, thick drainage, or fever above 101°F  
call the office as soon as possible (314-434-1211) to speak with our clinical staff.**

### WHAT TO EXPECT

- You will be wrapped in a ACE wrap from your toes to groin. With gauze dressings underneath. This will need to stay in place until you return to our office in 6-8 days.
  - *Call to make this appointment as soon as possible.*
- If you are having stab phlebectomies, you will have multiple small incisions on your leg with a staple placed in each one to keep it closed. These staples will be removed in our office 6-8 days from your surgery date.
  - *The leg is not to get wet while the staples are in place.*
- The ACE wrap will loosen and fall with time. **Please re-wrap the ACE wrap to continue compression on the leg**.
  - *This will help reduce bruising, swelling and pain.*
- Showering with the ACE wrap in place is difficult. This may require you to invent a contraption (usually a waterproof bag) to cover the leg while you shower. This is difficult so we generally recommend sponge baths.
- You may or may not turn black and blue (*bruise*) around your incision sites and surrounding tissue. It is normal for this bruising to travel down your leg as it resolves, due to gravity. You may develop mild to moderate swelling around the incision site. Wearing the ACE wrap will help reduce this.
  - After the staples are removed, wearing your compression stockings until the bruising has completely resolved will help speed up the process.
- You may experience swelling in the operative leg and foot that may last several weeks after your surgery.

### INSTRUCTIONS

- Your surgeon will let you know when you may shower (*usually after your staples are removed in our office*).

*MEDICATIONS*

- You may be sent home with prescription pain medicine. Try to first control pain with over the counter Tylenol or Ibuprofen (*Advil*), following package instructions. Use the narcotic pain prescription only if the Tylenol or Ibuprofen is not effective.
  - You **should not** drive while on pain medicine.
  - All narcotics cause severe constipation, as well as possible nausea and vomiting.
- If you take the prescription pain medicine, it is a good idea to take a stool softener to counteract constipation. You can also take Milk of Magnesia, MOM. All are over the counter.
  - **Call the office** if you have not had a bowel movement in 2-3 days with taking over the counter medications.

*RESTRICTIONS*

- You should not do strenuous exercise while the leg is causing pain (typically 5-7 days). When starting to exercise if pain is felt do not exercise and give more time to heal.
- You may walk as much as you want (*including stairs*). We encourage walking.

FOLLOW UP

- Call St. Louis Surgical Consultants for a “**post-op**” visit with your surgeon 1-2 weeks after your surgery (314-434-1211).
- If you have increasing redness around the incision, drainage, or fever above 101°F call the office.
  - Your incision site(s) *may* drain.
    - Do **NOT** soak healing incision site(s) – i.e. a bath, hot tub, swimming pool
    - Clear to light pink/red drainage is normal a few days after surgery
      - You may apply loose dressings to stop any drainage from soiling clothing.

**The office is open for phone calls from 8am - 5 pm Monday-Thursday, Friday 8am -4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.**

*226 S. Woods Mill Road, Suite 49 West, Chesterfield, MO 63017 – 314-434-1211 – 314-434-4419 (fax)*