

## Varicose Vein – *Ligation & Stab Plebectomy* - Instructions Following Surgery

**\*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.
- 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 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.
- You will not be able to shower while this dressing (ACE wrap) is in place. This means you will not be able to shower for the 6-8 days after surgery.
  - Sponge baths are permitted.
- 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 on pain medicine. While on pain medicine, it is a good idea to take a stool softener to counteract constipation. You can also take Milk of Magnesia (a laxative). All are over the counter. You **should not** drive while on pain medicine.
  - **Call the office** if you experience more than 5-6 watery bowel movements in a 24 hour period OR if you have not had a bowel movement in 3 days with taking over the counter medications.
  - If you feel that the pain medication is too strong, you may take Ibuprofen (*Advil*) or other over the counter pain medication that has been approved by your Primary Care Provider. Do **NOT** take in conjunction with your prescription pain medication

#### *RESTRICTIONS*

- You not do any strenuous exercise for 2-3 weeks unless directed otherwise.
- You may walk as much as you want (*including stairs*). We encourage walking.

#### *FOLLOW UP*

- You will need to make a “post-op” appointment in our office for 6-8 days after your surgery. .
- The office is open for phone calls from 8-5 pm Monday-Thursday, Friday 8-4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.