

VARICOSE VEINS

DISCHARGE SUMMARY

What to expect after your procedure:

- You may have some pain in your legs, for which you can take simple pain-relieving medications eg: Paracetamol, no more than eight (8) tablets within a twenty-four (24) hour period.
- Your leg or legs will be fitted with graduated compression stockings from the toes to just below the groin for a period of fourteen (14) days. These should be worn except when you shower and when you go to bed at night.
- After five (5) days you will be able to remove any adhesive dressings applied in the hospital as well as small adhesive tapes (Steri Strips) securing surgical incisions. In most patients there are NO sutures that need to be removed. This may vary depending on the type of surgery and you will be advised if any sutures require removal.
- Some bruising is normal.
- There will be areas of firm lumps forming, particularly around inner thigh and calf.

What to avoid after your procedure:

- Do not sit with your knees bent or with your legs crossed at the knee—instead, sit with your legs elevated and flex your feet at regular intervals.
- Do not drive until you are pain free and confident to be in full control of your vehicle.
- Do not lift, push or drag anything heavy for at least one to two (1-2) weeks.
- Do not wear constrictive clothing, for example tight jeans or pants.

What to do:

- Take short frequent walks increasing the distance gradually.
- Keep the dressings dry.

WHEN TO CALL YOUR DOCTOR

Call your doctor if you have any of the following problems:

- Problems at the incision site, such as swelling, redness, bleeding, warmth, leaking of fluids, or increasing pain

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WHEN TO CALL YOUR DOCTOR CONT...

Call your doctor if you have any of the following problems:

- Weakness or numbness in a leg or arm.
- Severe headache
- You develop a fever
- Worsening swelling of a calf associated with pain

Please contact either Perth Vascular Clinic or your GP

OR

any hospital Emergency Department if you experience any of the above following your procedure.

Please note: **Opening Hours:** from 8.30am – 4pm Monday to Thursday and from 9am – 12pm on Friday

Should you have any questions, please do not hesitate to contact our office on 9382 9100, or email us at reception@perthvascularclinic.com.au.

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Perth Vascular Clinic

Dr Marek Garbowski

SJOG Specialist Centre

Suite 218, 25 McCourt Street

SUBIACO WA 6008

T: 9382 9100 F: 9382 9101

E: reception@perthvascularclinic.com.au