

## EXCISION OF VARICOSE VEINS & POST-OPERATIVE INFORMATION

### OPERATION

During surgery your varicose veins have been removed by a series of minor incisions in the legs. You may also have a small incision in the groin or behind the knee where the varicose veins are ligated. Bandages are applied to the leg for 24-28 hours after surgery and are then usually replaced by supportive stockings.

### DIET

Food and fluids as tolerated. If you feel sick, sip water only. If nausea persists for more than 24 hours, please contact the Rooms, 961 6666. A balanced diet is important to promote wound healing. As some pain medication can cause constipation (eg codeine) it is important to maintain a high fibre diet and drink plenty of fluids.

### PAIN

It is normal to have some discomfort postoperatively and you will be given pain relief medication before your discharge from hospital. Please take this regularly. If you have, what you consider to be excessive pain despite pain relief please contact the nurse at the Rooms.

### WOUND CARE

The dressing in the groin should remain on for between 5 and 7 days but can be removed and replaced if it lifts off. You can shower with this dressing on. After the bandages are removed you may notice some bruising which is quite normal. The dressings are usually removed 48 hours after surgery (by a district nurse), or prior to discharge. They may apply steristrip tapes to any small wounds. Sutures are dissolvable. You will be supplied with supportive elastic stockings to wear for the following ten days. After 48 hours these can be taken off at night but put back on immediately after showering in the morning.

You may have a very slight ooze of blood from the wounds which is normal, however if bleeding occurs with persistent ooze or swelling apply firm, constant pressure over the wound for 15 minutes, reapply if needed and contact the Rooms if necessary. Some swelling and bruising is expected. Elevating your legs on a stool, chair or bed should help settle this.

Please seek medical advice if the wound becomes red, swollen or discharges or is very painful. Severe swelling with pain is abnormal and may indicate a DVT (clot). This is very uncommon in varicose vein surgery.

## ACTIVITY

Rest on the day of surgery, keep your legs elevated. Do not stand in one place for too long . Avoid crossing your legs. From the next day progressively return to normal activity but avoid heavy lifting and high impact sports for 3 weeks after surgery. You may return to work within 1 2 weeks.

The effect of your general anaesthetic may be felt for up to 24 hours. During this time you should not:

- (1) Drive a car
- (2) Make major decisions
- (3) Drink alcohol
- (4) Sign important documents
- (5) Operate machines

## FOLLOW-UP

A follow-up appointment will be made for you to see your surgeon before you are discharged or you will be advised to make an appointment.

If you have any concerns, please do not hesitate to phone the Rooms.

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