

A Guide for Patients and Families

Varicose Veins: Post Surgery Instructions

These instructions provide general information and advice regarding care after your surgery. These guidelines are not exhaustive and taking these precautions may help to reduce risks and complications.



DIET

- You do not need to be on a diet restriction and may resume your normal diet.



ACTIVITIES

- It is advisable to rest on the bed overnight.
- Raise your feet off the bed or your mattress with a pillow. This is important to help blood drain back from the legs.
- When sitting, your legs must be elevated.
- On the first day after your operation, you may take short walks in the house, gradually increasing to brisk walking outdoors if there is no pain or discomfort.
- Do tiptoe exercises daily by standing on your toes and lifting your heels off the floor.
- Avoid standing still or sitting with your legs down for a prolonged period.





WOUND CARE

- Keep your wound clean and dry until it is fully healed.
- After your operation, keep the crepe bandage on. If it comes loose, reapply the bandage with good pressure to the leg. Do not reapply crepe bandage too tightly.
- On the second day after your operation, the crepe bandage and cotton wool can be removed and replaced by a tubular bandage.
- The tubular bandage is provided upon your discharge from the Day Surgery Centre.
- For the first 3 weeks: the tubular bandage should be worn during the day and night except during bath time.
- For the next 3 months: the tubular bandage should be worn during the day.
- On the third day after your operation, the steristrips can be removed.
- Depending on your condition, the surgeon may also recommend surgical compression stockings to prevent the veins from bulging. Surgical stockings are worn during the day for 6 weeks or until your next review.
- Some bruising is expected over the lower limb after the operation.



Pain Management

- Do take your medication as prescribed.
- Please stop the medication if there are signs of allergic reaction, such as skin rashes, breathing difficulty, swollen eyes or lips or face.
- Report to your general practitioner/ emergency department for treatment if you experience any of these side effects



Complications (if any):

When should you seek medical attention?

If you experience any of the following signs and symptoms, please seek medical attention:

- Active bleeding is seen from the wound and does not stop with manual pressure.
- Severe pain and redness at the operated site which is not relieved by medications.
- Severe sudden onset of leg swelling and pain.
- Fever of 38 degree celsius and above.

Consult your doctor or nurse if you notice any of the above and do proceed to the Emergency Department after office hours.