

**POST-OPERATIVE DISCHARGE INSTRUCTIONS FOR
VARICOSE VEIN LIGATION AND STAB PHLEBECTOMY**

1. You will be discharged from the hospital with a sterile dressing covered by one or two ace wraps to the affected limb.
2. The first night, you must stay in bed with your leg elevated except for bathroom privileges. You may get up and walk around at home the next day.
3. Elevate your legs above the level of your heart as much as possible when resting/reclining, and at least 20-30 minutes three times/day.
4. The day after your surgery you may remove the dressings on your affected extremity. Remove all dressings down to the skin and plastic strips, leaving the plastic strips in place. No further dressings are needed.
5. Showering is allowed 48 hours after the procedure. Refrain from scrubbing over the incisions, using strong soaps, chemicals (like alcohol), or cream over or near the incisions.
6. There may be a small amount of old blood or clear/beige/yellow discharge from the incisions. This is normal for the first couple of days. If you should develop a fever, notice red streaking going up the affected leg, have a significant increase in pain, or drainage that looks like pus from any of the incisions, call the Vascular Surgery clinic at (888) 287-1082.
7. The incision scars may become more prominent and thicker over the first 3-6 months. They usually become less prominent between 6 months to 1 year.
8. Re-wrap the affected extremity at least twice a day from the base of your toes to above/below the knee with ace wraps.
9. After the first clinic visit you may go back to wearing compression stockings if they do not bother your incisions.
10. It is always important to foster venous return by intermittently elevating the legs above the level of the heart, walking frequently, and engaging in other exercises that use leg muscles. Wearing compression stockings or ace wraps helps to prevent the recurrence of varicose veins.
11. Returning to work should be discussed with your surgeon.

Please schedule a revisit in the Vascular Surgery Clinic in approximately one week.

Date _____.