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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Discharge advice following surgery for varicose veins (page 1 of 2)

This leaflet should be read along with advice given from your doctor or nurse.

When you are fully awake after your operation you will be able to go home in a car with a responsible adult to drive you.

We will give you painkillers to take home for any discomfort. You should take these regularly for the first few days according to the instructions, and after that, take them when needed.

When you get home you should get up and move around as much as possible. In the days following surgery you should:-

- Take as much light exercise as possible but there is no set distance to walk.
- Keep your legs up on a couch or on your bed when you are resting.
- Avoid prolonged standing for two weeks, move about and walk on the spot if necessary.
- Be able to have a shower after about three days when your wounds are dry. The stocking, stockinette and padding should be removed (you may want to soak the padding off in a warm bath if there is oozing of blood onto this). You should then put the stocking on again and keep wearing it for two weeks when you are up and about - you can remove it when you go to bed at night.
- Be able to replace the wound dressing with a small elastoplast or if the wound is dry, you can leave it exposed.
- You should not drive until you are pain free and you feel confident that you can make an emergency stop - usually at least a week.
- Be able to get back to sports such as golf or tennis as soon as you feel able.

Areas of bruising, lumpiness and swelling in surgical wounds and where veins have been stripped are extremely common. These will slowly clear up without treatment although it may well be two to three months before the leg returns fully to normal and the final result of the operation can be assessed.

Your stitches are likely to be the sort that dissolve under the skin - if you need to have stitches removed your GP surgery nurse will do this.

You can return to work after about two weeks if you feel fit and you do not have to stand for long periods.

You should avoid long distance travel for a month after vein surgery. The

Day Surgery Unit
Tel: 01722 336262 ext. 4554

risk of Deep Vein Thrombosis is highest at this time. After this the risk gradually reduces.

If your wound becomes red, hot, swollen or painful or if you need further advice, please contact:
Day Surgery Unit between the hours of 7.30 am and 7.00pm on 01722 336262 ext. 4554.

After these hours telephone the 'out of hours' helpline on 07754 233893.

In the case of an emergency please call your GP.