

Postoperative Instruction – Varicose Vein Stripping

Dressings/Wrap

- Please keep your tensor wrap on for **48 hours**.
- If you find the tensor wrap is too snug, you can unwrap and replace it with your thigh high compression stockings.
- After the first 48 hours, the wraps may be removed and compression stockings must be worn for another 2 weeks - during the day only.
- Please remove the outer dressing on wounds after 48 hours. Keep Steristrips (tapes) on for 7 days and then remove. If the steristrips fall off beforehand, that is ok. There is no need to replace them

Activity

- Please stay active – we encourage you to take daily walks of 20-30 minutes.
- Avoid heavy exercise and weight-lifting for 2 weeks.
- Showers are ok after the first 48 hours but avoid baths and hot tubs until wounds are healed.
- **PLEASE DO NOT** book any long distance air travel and/or car rides during the first two weeks and until cleared by your physician.

Pain

- Please take over the counter anti-inflammatories for the first week (Advil, ibuprofen, Aleve, naproxen).
- Take the prescription narcotic as needed.
- Venixxa (MPFF)—has also been shown to promote quicker recovery. It is available over the counter (no prescription needed).

A few things you may notice during the healing process:

- **Bruising** - in most cases bruising will disappear after 2 weeks, but could remain longer. Apply ice packs (for 15 minutes every 1-2 hours) on top of wraps/stockings to alleviate symptoms.
- **Stiffness** - minor swelling and redness due to prolonged inflammatory reaction may occur and will progressively improve.
- **Lumpiness** - you may develop lumpy areas along the treated areas which are tender. They are usually quite normal and are part of the healing process.

Follow up

- Please call Vascular Health Bronte to book your follow up visit for 2-3 weeks after surgery.