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VEIN LIGATION
POSTOPERATIVE INSTRUCTIONS

DIET: Start with liquids, if you tolerate them, you can gradually progress to soft foods. When you have tolerated those you can get back to regular foods as tolerated. It is very important to drink plenty of fluids.

PAIN MANAGEMENT: Take your pain medication as prescribed. Remember to have some food or milk in your stomach before taking pain medication. Do not take pain medication on an empty stomach. If you have taken a pain pill, and after 30 minutes to an hour it has not helped the pain, or if you have any side effects such as a rash or itching, or swelling, do not take another pill, and notify your doctor. A nurse will call you within 24-72 hours after your surgery to assess your condition and pain management.

ACTIVITY: Day of Surgery: Remain in bed, with legs elevated, except for bathroom use. Every hour, flex, extend, and wiggle your feet to exercise your calf muscles.

Morning after surgery: Begin walking with assistance. Sit on the side of the bed for 5 minutes to let your circulatory system equilibrate before you try to stand up.

GENERAL ANESTHESIA: Because you have received a general anesthesia today, **DO NOT** drive, or operate hazardous machinery, or make any major or legal decisions or drink alcohol for 24 hours. Also, **DO NOT** do these things while you are taking a narcotic prescription. Also please have a responsible adult stay with you for the first 24 hours.

COMPLICATIONS: Notify your doctor if you have a fever greater than 100 degrees after 24 hours, if you have any abnormal drainage, persistent nausea and vomiting. If you feel you are in need of emergency care, please go to the nearest hospital

SPECIAL INSTRUCTIONS:

1. Leave Ace wraps and bandages in place until after your first postoperative office visit. They should feel snug but not tight. If they feel too tight, you may loosen them slightly. If they feel like they are becoming too loose, re-apply them daily, from the toes up, to provide gentle compression.
2. You will need to wear the ace bandages or support hose for 5-6 weeks following your surgery. Your doctor will decide after your postoperative visit.
3. For the first 2 weeks following surgery, you should avoid any prolonged sitting or standing in one place. Remember to elevate your legs when lying down.
4. Walking is recommended and you may begin immediately, increasing the duration as tolerated.
5. You may perform light household duties (washing dishes, dusting, etc.) during the first week after surgery, but don't do anything strenuous, like vacuuming, and avoid lifting anything over 20 lbs. Your physician will advise you when you may resume your regular exercise routine.
6. Fill prescriptions and take antibiotics until finished (if your doctor has prescribed them).
7. **DO NOT DRIVE, SIT, OR STAND** in one place for more than 30 minutes for the first 2 weeks.
8. **DO NOT** shower until the day after the postoperative appointment.
9. Call your doctor for your follow up appointment.

Patient Name: _____ Patient Signature _____

Date: _____ Witness: _____