

Varicose Vein Ligation and Stab Phlebectomy Discharge Instructions

What are my care instructions after I leave the hospital?

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 using the bathroom. You may get up and walk around at home the next day.
3. Elevate your legs above the level of your heart at least 20-30 minutes three times each day, and as much as possible when resting and reclining.
4. The day after your surgery you may remove the dressings on your affected limb. Remove all dressings down to the skin and plastic strips, leaving the plastic strips in place. No further dressings are needed.
5. You may shower 48 hours after the procedure. **Do not:**
 - ⊗ Scrub on or near the incisions
 - ⊗ Use strong soaps on or near the incisions
 - ⊗ Use chemicals (like alcohol) on or near the incisions
 - ⊗ Use cream on or near the incisions
6. Re-wrap the affected limb at least twice a day, from the base of your toes to above and below the knee (leaving the knee free) with ace wraps.
7. Discuss your return to work with your provider.

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.

Schedule a post-surgery in the Vascular Surgery Clinic in approximately one week.

How will take care of myself long term?

It is always important do activities that help to keep the blood moving in your veins and encourage blood flow back to the heart:

- After the first clinic visit go back to wearing compression stockings during the day if you can.
- Regularly elevate your legs above the level of the heart, walk frequently, and engage in exercises that use leg muscles.

The incision scars may become more noticeable and thicker over the first 3-6 months. They usually become less noticeable after 6 months to 1 year.

When should I call the clinic?

Call the vascular surgery clinic at (888) 287-1082 if have any of the following:

- A fever of XX or more
- Red streaking going up the affected leg
- Significant increase in pain
- Drainage that looks like pus from any of the incisions

What is the contact information for the Clinic?

- Between 8:00am-4:30pm, call the Vascular Surgery Clinic nursing line and appointments: (888) 287-1082
- After business hours call the paging operator at (734) 936-6267 and ask for the Vascular Surgery Resident on call.

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