

Patient sticker

Vascular

Advice Following Varicose Vein Surgery

This leaflet will give you advice on how to look after yourself following varicose vein surgery under local anaesthetic or general anaesthetic

What to expect following vein surgery under local anaesthetic

Your leg will be tightly bandaged to minimise bruising; however, bruising can be evident for up to 6 weeks. After **48 hours** you can remove the bandages yourself unless told otherwise.

Usually your wounds will be covered with small adhesive strips, these may fall off but if not they can be removed after 7 days. It is important that you keep your dressings dry.

Sometimes a little blood will ooze from the wounds for the first day or two, this usually stops on its own. If necessary, press gently on the wound for 10 minutes and keep your leg elevated. During the first day if you have had local anaesthetic your leg may feel numb. Sometimes the numbness and tingling may continue for a few days.

During the first week post operative

Please wear the stocking provided on your operated leg once the bandage comes off, day and night. After 7 days you can shower as normal.

Slight discomfort is normal, during the first week you may need to take mild pain relief such as paracetamol.

Your next dose of medication is due:

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Resuming normal activities

Most people find they can return to normal activities 1 to 2 weeks after surgery; however, this can vary for each individual and can depend on whether your work involves a lot of standing or manual work.

It is important not to stand for long periods of time. However, it is important that you continue to walk normally after surgery and advised to walk short distances daily (1-3miles). Walking helps improve blood flow to minimise the risk of deep vein thrombosis (DVT).

You should elevate your legs when seated and perform simple ankle exercises. This helps drainage of excess fluid from the tissues and helps healing. Bruising, lumpiness and sensitivity is expected up to 6 weeks after your surgery.

Work - You may return to work 1-2 weeks depending on job. You can self-certify for 7 days.

Driving - You must be able to perform an emergency stop and check with your insurance provider.

Flying - Travelling by aeroplane is not advised until 4 weeks after your surgery for short haul flights and 6 weeks for long haul flights. This is to reduce the risk of DVT. Please check with your airline.

Exercise - Most people can expect to return to full gym activity or contact sports 3 - 4 weeks after surgery. Avoid swimming for 2 weeks.

If you have had general anaesthetic

If you have had general anaesthetic all the above advice applies, however it is important to keep your stockings on both legs for the first week.

Your wound has dissolvable stitches []

Your wound has steristrips [] these may fall off but if not they can be removed after 7 days.

The effects of general anaesthetic can stay in your system for up to 48 hours. It can make you feel lightheaded and tired. You may also feel nauseas which can lead to vomiting. It's important you have a responsible adult with you for the first 24 hours and you should **not** do the following for 48 hours:

- Drive a car, bicycle or any form of motorised transport.
- Drink alcohol or smoke
- Operate machinery or electrical appliances.
- Make any important decisions or sign any legal documents.
- Make yourself inaccessible to the person looking after you i.e. locking bathroom door
- Eat heavy or greasy meals which could result in nausea.

It is important to rest, eat light meals and drink plenty of water.

For further information about anaesthetic please visit:

<https://www.rcoa.ac.uk/patients/patient-information-resources>

Other Information:

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Patients are not routinely followed up post operatively. If you have any problems during the first 4 weeks following your procedure, please contact:

Elective Surgery Unit (ESU): 01484 342111 Monday to Friday 9am - 6pm

Surgical Assessment Unit (SAU): 01484 342170 / 342179 Emergency/outside ESU hours

Vascular Secretaries : 01484 355414 / 355415

If you have any comments about this leaflet or the service you have received you can contact :

Elective Surgery Unit (ESU)

Telephone: 01484 342111

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"