



Epworth Eastern

Information and advice following Varicose Vein Surgery

You may experience some discomfort/pain as a result of your operation.

Medication prescribed by your doctor may be taken as instructed.

Support elastic bandages must be worn when walking and removed when sitting or resting in bed.
(Depending on doctor's orders)

Starting from the day following your operation until your appointment with your doctor:

- Do not stand still. Either walk or mark time (stepping on the spot)
- Ensure you walk approximately 1 kilometre per day, to prevent a blood clot forming in your leg from inactivity
- When sitting elevate your legs
- When in bed ensure bed clothes are not resting on legs and feet and elevate your foot off the bed by placing 2 pillows under the mattress not under your legs

You will be unable to shower or bath until your appointment with the doctor, therefore you will have to wash yourself as best as possible.

An appointment will be organised for you to see your doctor.

If you have any problems or concerns related to your procedure please contact your doctor, or your nearest Emergency Department.