

Discharge Instructions for Varicose Vein Surgery



You had surgery to remove your varicose veins. Here's what you can do after surgery to help with your recovery.

Home care

After you go home:

- You may have some bruising in the area where the vein was removed. This is normal.
- For the first 2 weeks after surgery, don't stand for long periods. Don't lift heavy items.
- Ask someone to help you do errands and chores for a few days after surgery.
- Keep your legs raised when you're sitting or lying down.
- Start a regular walking program the day after surgery. Just walk for a few minutes at first. Then work up to 5 minutes at a time. Gradually increase to 15 to 20 minutes at a time, 2 to 3 times a day.
- Wear bandages or elastic stockings for as long as your healthcare provider tells you to. When you are sitting, move your feet back and forth and in circles. This is to keep your blood moving.
- Ask your healthcare provider when you can go back to driving and working.

When to call your healthcare provider

Call your healthcare provider right away if you have any of these:

- Severe bleeding, redness, or drainage at the incision sites
- Development of an ulcer (sore) at the incision sites
- Numbness or tingling in legs or feet
- Increasing leg pain or swelling
- Fever, shaking, or chills
- Chest pain or shortness of breath

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