

After Venous Procedures

Please read through these instructions on what to do after your procedure.

For the first 24 hours after your procedure please do not: drive any vehicles, operate any heavy machinery or conduct any business or legal transactions. You should not drive, use public transport or walk home by yourself when leaving the hospital.

When you get home take pain relief tablets as instructed and your regular medications. You may have fluids and a normal diet unless instructed otherwise. In the case of a problem contact Dr Freeman's rooms or the hospital if it is after hours.

Your leg is wrapped in a compression bandage that is to remain in place for 3 days. The compression bandage can then be removed. Any tapes or waterproof dressings should be left intact, the leg washed in the shower and a compression stocking applied.

You will need a scan to examine for deep vein thrombosis and need to wear a compression stocking until reviewed by Dr Freeman between one and two weeks following the procedure. The benefit with compliance will be a reduction in bruising, swelling and pain.

Normal activity can be resumed immediately but avoid hot baths and vigorous activity such as gym workouts until seen by Dr Freeman. During the immediate post-op period, avoid prolonged sitting and standing. We encourage you to walk for thirty minutes each day.

Your leg may also be tender for a few days or longer in the case of surgical stripping. This discomfort can generally be managed with over-the-counter analgesics, but please avoid aspirin-based products unless otherwise recommended or prescribed.

As with any procedures, problems can develop. If you develop a fever (more than 38°C) or severe worsening pain or swelling, please call the rooms during office hours, the Hospital after hours or attend your Local GP or Emergency Department.

After your follow-up visit, wear your compression stockings during the day while you are on your feet and while exercising for up to a month depending on the advice from Dr Freeman. The stockings may be removed at night during this period.

If you have any questions or concerns, please do not hesitate to ask Dr Freeman or the nursing staff.