



Patient:

Date:

POST OPERATIVE INSTRUCTIONS

You have just had a surgical procedure performed on your veins. The following instructions will aid you in your recovery.

1. The bandage(s) that have been placed over the puncture sites and the compression stocking are to remain in place for 24 hours continuously. Do not remove either of these unless instructed to do so by the physician or the nurse. You will not be able to bathe until these bandages are removed. After 24 hours remove stocking and bandage (leave surgical tape). Avoid hot tubs, hot showers and the bathtub once you are able to bathe (shower only). No swimming for one week.
2. You are encouraged to walk immediately following your procedure for a minimum of 10 minutes, and every day for a minimum of 30 minutes. This is an extremely important part of your recovery, and will help prevent blood clots from forming. Avoid vigorous gym workouts until your post-op appointment. After your post-op appointment you may resume physical activity with clearance from the physician, and then only at a pace with which you are comfortable.
3. You should expect to see some bruising along the treatment site and possibly some numbness, tingling, and/or tightness. Everyone may have a difference degree of these symptoms, but they are all normal. If you experience significant pain, swelling or have bleeding of the treated leg, contact our office promptly.
4. Once your 24 hours have passed and you have removed the bandage, you may shower. The stocking needs to be worn during the daytime only. You do not need to wear it to bed. You will be wearing the stocking for a total of 1 week starting the day of your procedure; the first day continuously as described above, then daytime only for the next 7 days.
5. You have been measured for your stocking for the perfect fit but you may find that applying the stocking yourself is difficult. Rubber gloves make application easier along with a silk footie that comes in the box with your stockings. We do have stocking application devices if you find application too difficult. Ask at the front desk for more information on this device.
6. You have been given local anesthesia, which will slowly be absorbed over the next few hours. You may notice slight swelling of your toes and groin area of your treated leg. This is normal and will decrease as the fluid is absorbed. If the swelling continues to increase or your toes become cold, contact the office promptly.
7. You have been given prescriptions for pain and inflammation. Take them as directed.
8. Office hours: Monday – Thursday 8:00AM – 5:00PM, Friday 08:00AM – 4:00PM. Phone: St. Pete (727) 527-2888 Palm Harbor (727) 781-5652 Largo (727) 581-8346. For any matters after hours, you will be directed to the answering service.
9. PLEASE GO TO YOUR NEAREST EMERGENCY ROOM FOR EMERGENCIES.

WE WILL CALL 48 HOURS IN ADVANCE FOR YOUR PROCEDURE TIMES

Next surgery/procedure scheduled on: ____/____ **in** **Palm Harbor** **St. Pete** **Largo**

Post Op appt. scheduled on: ____/____ @ ____:____ **in** **Palm Harbor** **St. Pete** **Largo**