



**HEART  
VEIN &  
VASCULAR**

2170 West State Road 434, Suite 190  
Longwood, FL 32779  
Phone: 407-990-1921 | Fax: 855-537-4411  
Website: <https://heartveinvascular.com>

## **POST PROCEDURE INSTRUCTIONS**

### **ACTIVITY**

Your physical activity after surgery will be determined by how your legs feel. In general, you will be able to walk, sit, drive a car, and pursue normal physical activity. In the early days after surgery, your legs may tire. If they do, sit down and elevate your legs above the level of your heart, if possible. Vigorous activity such as jogging, bicycling, or aerobics should be avoided for 7 to 10 days following surgery.

### **BANDAGES**

The pressure bandages are designed to decrease swelling and increase the rate of healing. They should be left in place for 24-48 hours. When they are removed, (usually in our office), unroll the elastic bandages and roll them up once again. Use scissors to cut off the heavy gauze bandages. Should any of the surgical wounds remain open and drain fluid, cover them with a Band-Aid and a non-prescriptive antibiotic ointment such as Polysporin or Bacitracin.

On the second day after surgery, the bulky dressings will be removed and you will be fitted in a graduated support stocking. The stock should be worn 24 hours a day for one week. The stocking is then worn during the day and left off at night and with bathing for an additional 2 to 3 weeks, as recommended by your physician.

### **DISCOLORATION**

Bruising is common and occurs with any procedure. It will follow the pathway of the removed veins and become more apparent 2 to 3 days after surgery. Lumps may also be present where veins were removed. These will go away in a few weeks.

### **PAIN MEDICATION**

Modern varicose surgery is remarkably pain free although it remains an uncomfortable procedure. The discomfort can usually be relieved with Tylenol or Extra Strength Tylenol, 1 to 2 tablets every 4 to 6 hours. Should you need stronger pain medication, please call our office.

### **BATHING AND SHOWERING**

After the bulky surgical dressings are removed, you may shower. Be sure that the surgical wounds are thoroughly dried after bathing to decrease the chances of developing a wound infection.

### **OFFICE RETURN VISIT**

Please schedule and follow-up appointment for 2 to 3 weeks after surgery. If you should have questions or concerns prior to that appointment, please call our office.

Babak Alex Vakili M.D., F.A.C.C., F.S.C.A.I.