**Discharge instruction after varicose veins surgery/laser ablation/foam sclerotherapy**

By Patrik J Tosenovsky, MD, PhD

1. Your bandage should be left unchanged for 48 hours
2. After 48 hours please take the bandage off (if there is any dressing please take it off as well), inspect your leg (you will see bruising, some lumps can also be felt under the skin but not very large lumps or bleeding should be present), you can take a shower without bandage and then put a stocking on a dry leg. The stocking(s) should then be worn for another 4-5 days. After that you do not have to wear stockings. You will only observe your legs daily.
3. You can walk, you can do most things around the house but avoid training, excessive work or lifting, squatting, do not take a bath, do not swim, avoid direct sun exposure and drink plenty of fluid every day (+ 2 l/day, if you have no other fluid restrictions).
4. Take all your normal medications right after the discharge plus resume normal diet
5. You will be feeling some discomfort in your leg(s) for a week; legs should however get steadily better (not worse!). If the pain is out of proportion, if the unpleasant symptoms get worse (not better) then you ring us or go to see you GP soon. Excessive bleeding is a sign that vein is bleeding and you need to put a pressure on the area (over a dressing or a cloth), elevate your leg(s) and call an ambulance. It helps almost every time.
6. Absolute vast majority of people recover within days and in one week they feel good enough to resume their normal activities including moderate exercise.
7. Swelling after venous surgery is normal but if the swelling is abnormally large (or progressive) then you need to seek help as you might have deep vein thrombosis.
8. Should you experience shortness of breath or dry cough, pain when breathing in your chest then seek medical help right away as you might be having clot in your lungs.
9. In 4-6 weeks after surgery you will need an ultrasound scan and after that an appointment to see your surgeon.
10. You can call us any day for advice or help (telephone numbers above).