

# DISCHARGE INSTRUCTIONS

## Care Instructions following: Vein Ligation Surgery

### ACTIVITY

- Resume normal activity to tolerance.
- Bring compression stockings with you the day of surgery as the doctor will put them on you after surgery
- NO running, aerobics, or weight lifting for 72 hours following the procedure.
- You may drive \_\_\_ days after the procedure.  
 \*\*\*Contact our office if you were not given a specified number of days, as listed above.

### MEDICATIONS:

- Resume your pre-procedure medications unless instructed otherwise.
- You may take Tylenol, Ibuprofen, or aspirin as needed for pain.

### INCISION (SITE) CARE:

- Wear pressure stockings continuously for 3 days, then while out of bed for 2 weeks.
- You may shower, but keep dressings dry.
- Remove all bandages after 3 days; leaving steri-strips in place until your post-op visit. Some of the steri-strips may peel or fall off prior to this post-op visit.
- Expect some spots of blood on the dressings

### DIET

- Resume pre-hospitalization diet.

### GUIDELINES FOR WARNING SIGNS/SYMPTOMS TO MONITOR

- If there is a large amount of bleeding, elevate the leg, apply pressure and call our office.
- You may apply ice packs to any area that is sore, throbbing, or painful.
- Elevate legs whenever possible.

### FOLLOW-UP APPOINTMENT

- You should be seen in the office 10 to 14 days after surgery for your follow-up visit. If you do not have an appointment, please call the office today to schedule your visit.  
 Scheduled Appt Date/Time: \_\_\_\_\_



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## BECOME A MORE INFORMED PATIENT

A more educated patient is a more compliant and, therefore, healthier patient. Follow these steps to become more educated about your vascular condition, treatment, and after-care requirements:

1. Go to our website at [www.cheyennevascular.com](http://www.cheyennevascular.com).
2. Click "Log In" in the upper right corner of the site.
3. Under *Patient Registration*, click "Sign Up."
4. In the *Practice Code* box, type "SWASCULAR" and click "Continue."
5. Complete the registration form and click "Continue."
6. Follow the online instructions to complete the process.