



Dr Deepak Williams

MBBS, FRCS (Eng), FRCS (Edin), FRCS (Glas), FRACS, FRACS (Vasc)
VASCULAR AND ENDOVASCULAR SURGEON
Provider No. 237979BL

St Vincent's Hospital Medical Suites

Suite 2, Level 1
20 Dalley Street
Lismore NSW 2480
Tel: **1300 ARTERY**
1300 278 379
Fax: (02) 6621 3411

Email – admin@ncvascular.com.au

Website: www.ncvascular.com.au

Skype Address: NorthCoastVascular

Post Varicose Veins Surgery Instructions

Wound Care

You will have a bandage on your leg, it should remain there after your discharge from the hospital.

Please make an appointment to see your GP or Dr Williams 5 days after surgery to have the bandage removed and your wounds checked. You will need to take your Compression Stockings to your appointment to have them applied. You **MUST** wear your compression stockings for 6 weeks post operatively, all day but not at night.

Any small bandages on your legs may start to lift off. Simply trim the ends, and leave the remaining bandage to fall off on its own. Only gently wash the legs and pat dry to avoid removing any bandages. We strongly recommend **AGAINST** swimming, taking a bath, or soaking your legs while the bandages are in place.

Exercise Post Procedure

Dr Williams will encourage and strongly advise you to walk often (at least once an hour) in the days after your surgery. Walking will help prevent deep vein thrombosis (DVT). Walk at a comfortable pace. When seated, elevate your legs on a foot stool. Strenuous activities or sports should be avoided for the first 4 weeks following your surgery.

Travel We advise against any long travel (over 4 hours) for the first 2 weeks after your surgery. You may return to driving one week after your surgery; if you are comfortable in doing so.

Bruising

Bruising is common after your surgery and often increases slightly in the following week. Bruising will decrease and subside, but commonly takes 6-8 weeks to completely resolve. If you have any questions in the period after or before your procedure please do not hesitate to contact our Practice. If you notice any of the following:

- increasing pain
- redness,
- or swelling at the puncture site

Please contact our Practice at any time on 02 6621 2200.