



VEIN LIGATION / STRIPPING

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



ACTIVITIES

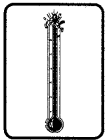
DO: Keeps your legs elevated for the first few days to a week. Take it easy.

DO NOT: Exercise strenuously or lift over 10 pounds until after your follow-up doctor's visit.



SPECIAL CARE NEEDED

Wear your ace bandages for the first week or two. Remove them twice daily for a ½ hour rest period. Keep ace wraps on for the first 24 hours; then remove and take gauze bandages off. Leave the steri-strips on, allowing them to wear off. If bleeding occurs, apply direct pressure for at least five (5) minutes. This should stop the bleeding. Apply gauze if needed.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- Bleeding does not stop after direct pressure for 5 to 10 minutes with legs elevated
- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

Call 911 if you have chest pain or shortness of breath