

***Dr. Nalbandian's
Post Operative Instructions for Varicose Vein Surgery***

Operative Dressing

1. Keep the dressing on for 2 days following surgery
2. It is normal to have some blood staining your dressing
3. Elevate your leg(s) as much as possible for the first 48 hours after surgery
4. Remove the entire dressing 2 days after your surgery
5. You may shower after removing the dressing on the second postoperative day
6. Wear the prescribed surgical stocking(s) after removing the operative dressing
7. Stocking(s) should be worn during the day and removed in the evening
8. Do not sleep with your stocking(s) on your leg(s)

Pain Medication

1. You will be given a Motrin prescription to take home
2. Take your Motrin prescription three times a day for three days even if you are not experiencing a lot of pain. This will help prevent phlebitis
3. Take your Motrin with food as it can upset your stomach
4. If the Motrin does not control your pain, you may take Tylenol
5. If you experience pain that is not controlled with Motrin and Tylenol, take the second prescription for pain that was given to you

Bruising

1. It is normal to have bruising along the inner thigh and calf after surgery
2. Bruising can also occur anywhere that varicose veins have been removed
3. You may have areas beneath your incisions that are lumpy or bumpy
4. You may experience numbness, tingling, burning or intermittent sharp shooting pains. These will resolve over a period of a few weeks
5. Most bruising will disappear within the first two weeks after surgery

Activity

1. It is best to rest and keep your legs elevated as much as possible for the first 48 hours after surgery. We do encourage you to walk during this time period.
2. You should limit your activity to walking for the first week after surgery.
3. Do not resume exercise routines until you have been seen in the office for a follow-up visit

Follow-up

1. You should call for a follow-up appointment one week after surgery
2. If you underwent a laser procedure, an ultrasound exam needs to be performed at that one week visit
3. If you are experiencing severe pain or have any concerns, you should call my office at 212-254-6882