



Recipe for Success

Welcome to your recovery from vein surgery!



Directions

You may shave your legs up to the day before surgery.

You will have an ace wrap dressing with tape on after surgery. Keep it clean and dry. You will have an appointment to have the dressing checked in 2-3 days. Your legs will remain wrapped for 7 days. After the wrap is removed, compression hose will be worn for 6 weeks.

You may shower after the sutures are removed.



Recipe for today

If you notice any bleeding, elevate the leg above the heart and call the office at (480) 464-8000.

You should be either walking or lying down with your legs elevated above heart level. There will be minimal sitting for the car ride home and for going to the bathroom. You are not restricted with activity as long as you are comfortable and not sitting.

Scar care: Do not expose the scars to the sun or tanning bed for at least 3 weeks after the surgery as severe burns can occur from minimal exposure. Scars must be covered when exposed to the sun or tanning bed until all redness is gone from the incision. This can take up to 1 year. You may use tanning creams after the incision is healed.