

# Discharge Information following Varicose Vein Stripping Surgery - Dr Walid Mohabbat

The following guidelines should help to answer some questions you may have regarding your care after you leave hospital.

## Wound care

If you have a wound in the groin it will be covered by dressing on your discharge. Please remove the dressing the following morning and leave the wound uncovered. If the steristrips covering the small incisions in the leg start to lift off you may cut off the edges with a pair of scissors otherwise they should be allowed to come off by themselves. If necessary, reinforce the incisions with the steristrips as instructed in hospital. You will be given steristrips on discharge.

## Stockings

Stockings are to be worn all day for the first two weeks after surgery. You must leave your stocking on until you are going to bed and reapply it upon rising in the morning. You may also remove your stocking for showering.

## Analgesia

Take regular Panadol and any other analgesics as directed by your anaesthetist. You will be able to gradually reduce the analgesics in the first week post surgery.

## Mobility

You may walk within the limits of comfort of your leg. Take short walks at least 6 times a day for at least 10 minutes duration as a minimum. Do not stand for prolonged periods of time for the first few days and if not walking, your legs should be elevated. You should not swim or

do other sporting activities until reviewed by Dr Mohabbat. You can drive once your leg feels relatively normal.

## Aspirin

If you are able to tolerate Aspirin, please take ½ tablet or 1 low dose enteric coated Aspirin (Cartia or Astrix) daily for 1 month post surgery.

## Bruising

The bruising on your leg generally gets worse in the 1<sup>st</sup> week. It then gradually improves but may take 6-8 weeks to clear.

## Showering

You may remove the stocking(s) before showering. You may wet the leg. It is not advisable to have a bath and soak the wounds. When drying the leg, remember to "Pat dry". Do not rub the leg or the Steristrips will come off.

## Concerns

If you have any concerns, particularly if the wound appears increasingly red or is painful, or the pain in your leg increases with swelling then please contact the rooms on 9439 1110. If the rooms are unattended please call the hospital where you had your surgery and ask them to call Dr Mohabbat or contact your GP. If Dr Mohabbat or your GP cannot be contacted you should attend the Accident and Emergency Department at your nearest hospital

## Follow Up

If an appointment was not made prior to discharge from hospital, please contact Dr Mohabbat's rooms on 9439 1110 to make an appointment for 2 weeks post operatively (unless otherwise advised).

### For Emergency

1. Please contact the hospital and an RN will contact Dr Mohabbat on your behalf.

### Follow up appointment

2. If not made prior to discharge, contact Dr Mohabbat's rooms on 9439 1110 for an appointment in 2 weeks time following surgery.

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