



Vascular Health
B R O N T E

Postoperative Instructions - Varicose Vein Stripping

Dressings/Wrap

- Please keep your tensor wrap on for **48 hours**.
- If you find the tensor wrap is too snug or if it starts to fall off, you can unwrap and replace it with your thigh high compression stockings.
- After the first 48 hours, the wraps may be removed and compression stockings must be worn for another 2 weeks - during the day only.
- Please remove the outer dressings on wounds after 48 hours. Do NOT remove the SteriStrips (paper tapes). They will fall off on their own within 7-10 days. The edges will start to peel - if this bothers you, you may carefully trim them. If the tapes fall off sooner, that is okay and you do not need to replace them. After 10 days, you may remove any tapes that have not fallen off.

Activity

- Please stay active – we encourage you to take daily walks of 20-30 minutes.
- Avoid heavy exercise and weight-lifting for 2 weeks.
- You may shower after the first 48 hours, but avoid baths and hot tubs until wounds are healed.
- **PLEASE DO NOT** book any air travel and/or long car rides (3+ hours) during the first two weeks.

Pain

- Please take over the counter anti-inflammatories for the first week (Advil, Ibuprofen, Aleve, Naproxen).
- Take the prescription narcotic as needed.
- Venixxa (MPFF)—has also been shown to promote quicker recovery. It is available over the counter (no prescription needed).

A few things you may notice during the healing process:

- **Bruising** - in most cases, bruising will disappear after 2 weeks, but could remain longer. Apply ice packs (for 15 minutes every 1-2 hours) on top of wraps/stockings for the first 48 hours to alleviate symptoms. After the first 48 hours, switch to warm compresses.
- **Stiffness** - minor swelling and redness due to prolonged inflammatory reaction may occur and will progressively improve.
- **Lumpiness** - it is normal to develop lumpy areas along the treated areas which are tender.

Follow up

- Please call Vascular Health Bronte to book your follow up visit for 2-3 weeks after surgery.