

**Dr. Hamish Hwang Inc.**  
General Surgery, GI Endoscopy & Esophageal Physiology

www.doctorhwang.ca

## **Varicose Vein Surgery Instructions**

**COMPRESSION STOCKINGS:** Must be purchased before or after surgery to be applied one day after surgery. If you don't have a stocking already, Dr. Hwang will give you a prescription on the day of surgery.

**PRIOR TO SURGERY:** Wash your leg thoroughly. **Do not shave any hair off at all.** This will be done by the nurses on the day of your surgery. Shaving beforehand can increase the risk of infection and your surgery may be cancelled if you do so.

**DAY OF PROCEDURE:** The procedure takes about an hour and you can go home immediately afterwards.

### **FOLLOWING THE DAY OF SURGERY:**

1. If a tensor wrap is used, remove it after 24 hours then **wear your compression stocking** during the day until your follow up appointment. You can take it off at night.
2. When you are not walking, elevate the leg if possible and avoid acute flexion of the knee or groin. Do not use a cushion under the knee.
3. Avoid prolonged standing. The leg and foot may swell and be uncomfortable. If this happens, **WALK TO PUMP THE LEG.**

### **INSTRUCTIONS FOR REMOVAL OF BANDAGES – IN TWO DAYS:**

1. If your surgery included a ligation of the saphenofemoral junction (or 'leaky valve' in the groin) remove the clear bandage and gauze after two days.
2. There will be a steri-strip bandage right on the skin that remains on for a full week.
3. Sometimes a clear dissolving dressing is used (looks like a purple film) and this does NOT need to be removed at all.

### **INSTRUCTIONS FOR REMOVAL OF BANDAGES – IN ONE WEEK:**

1. Remove all steristrips from the all sites.
2. The compression stocking must be worn every day but can be taken off at night.
3. Call the office for a follow-up appointment for four to six weeks after surgery.
4. If there are small veins left over after surgery these will be dealt with by compression sclerotherapy which is done soon after your post-op office visit in the outpatients department at the hospital.

**RETURN TO WORK:** You may return to work after one week post-op.