



**Wound Care** If you have a dressing on your groin, it will remain there after your discharge from the hospital. Please remove the dressing on the 10th day after your surgery. Any small dressings on your legs may start to lift off. Simply trim the ends, and leave the remaining dressing to fall off on its own.



**Stockings** Your stockings must be worn for a total of 4 weeks. For the first 2 weeks, these stockings must be worn continuously, day and night. For the 3rd and 4th week they need to only be worn during the daytime. This time period may be shortened, but Dr Theivendran will specifically inform you if this is the case.



**Showering** Stockings should be removed when showering. Only gently wash the legs and pat dry to avoid removing any bandages. We strongly recommend AGAINST swimming, taking a bath, or soaking your legs while the bandages are in place.



**Discomfort** Effective pain relief is commonly achieved with regular Paracetamol 2 tablets, 4x/ day & Ibuprofen 200mg 3x/ day (with meals) for the first 5 days after your surgery (or as directed by your Anaesthetist). If you have any allergies or adverse reactions that may prevent you from taking these medications, ensure you have discussed this with your Anaesthetist and follow their advice.



**Mobility** We encourage you to walk often (at least once an hour) in the days after your surgery. Walking will help prevent deep vein thrombosis (DVT). Walk at a comfortable pace. When seated, elevate your legs on a foot stool. Strenuous activities or sports should be avoided for the first 4 weeks following your surgery.



**Travel** We advise AGAINST any long-haul (>4hrs) for the first 4 weeks after your surgery. You may drive as soon as comfortable walking without pain. Please discuss this with Dr Theivendran.



**Bruising** Bruising on the legs is common after your surgery and often becomes slightly worse in the first week afterwards. Bruising will resolve and subside, but commonly takes 6-8 weeks to completely resolve. Treated lumpy veins can take 6 months to dissolve.

## ? Questions

If you have any questions in the period after (or prior to) your surgery or if you notice any of the following conditions: **painful or red wounds, increasing pain, or swelling**, please contact our office at any time.

## + Concerns

If you have any concerns and are unable to reach out to our offices, please contact the hospital and ask them to contact Dr Theivendran directly. For urgent concerns requiring immediate attention, please present to your nearest hospital's casualty department, for emergent assessment.