



Connecticut Vein Care

DISCHARGE INSTRUCTIONS FOR VEIN SURGERY WITH TRIVEX

- **ACTIVITY:** You should be as active as is comfortable. Strict bed rest, prolonged sitting or standing is to be avoided. Elevation of the leg above the level of the heart will help control some of the expected swelling. **On the day of surgery and on the first postoperative day walk around in your house for a few minutes every 4-6 hours.** Resume driving when you feel comfortable and strong enough without the need for pain medication. Walking and light exercise will help you recover quicker.
- **DRESSINGS/COMPRESSION STOCKINGS:** Remove all dressings on your second postoperative day. Start wearing your compression stockings at that time. Wear your stocking all day and remove it at night. You may substitute an Ace bandage if you do not have a stocking.
- **SHOWERING/BATHING:** You can shower and wash your leg after you have removed your dressings. If dissolving sutures were not used these will have to be removed at your first postoperative office visit.
- **MASSAGE:** Deeply massage the areas of resection with Bag Balm at night for approximately 20-30 minutes. Wear sweatpants or loose fitting pajamas at night since the Bag Balm is greasy.
- **MEDICATIONS:** Unless told otherwise you should resume taking all of the medications you were taking before surgery. You will be given 2 additional prescriptions: A pain medication, which can be taken every three (3) to four (4) hours only if necessary, and an anti-inflammatory to be taken twice a day for 14 days unless otherwise instructed.
- **FOLLOW UP APPOINTMENT:** You should be seen in the office 7-10 days postoperatively. Please call the office at 246-4000 to schedule this appointment.
- **PLEASE CALL FOR ANY OF THE FOLLOWING PROBLEMS:**
 - severe and worsening leg pain
 - worsening redness of one of your incisions
 - drainage from your incisions
 - with any other concerns or questions that might arise