

## VASCULAR SURGERY - (DISCHARGE INSTRUCTIONS)

1. **You have undergone a varicose vein operation** with Dr Bullen
2. **It is essential that someone drives you home and stays with you for 24 hours** as you have received sedation, the effects of which will last several hours. These medicines can cause:
  - Confusion/poor concentration
  - Slower reaction time
  - Drowsiness/tiredness
  - Dizziness/feeling faint
  - Blurred or double vision
  - Muscle weakness
  - Anxiety and mood changes
  - Shakiness and unsteadiness.

These symptoms can make it unsafe for you to drive, cycle or use machinery and can put you and other road users at risk of an accident. **You should go straight home and rest for the remainder of the day. You should go straight home and rest for the remainder of the day.** DO NOT go anywhere else.

**For the next 24 hours DO NOT:**

- Drive a motor vehicle, motorcycle, or operate machinery,
  - Drink alcohol
  - Sign legal documents
  - Conduct business agreements
  - Exercise.
3. **You may resume your normal prescription medicine** (unless told otherwise) when you go home.

### AFTER CARE

- Remove any cotton balls applied under the stocking within 1 hour after treatment.
- You are required to walk at a gentle pace immediately after treatment and for at least 30 minutes each day for the next 2 weeks.
- Walking uses the calf muscles, reduces the pressure in the treated veins, minimizing the risk of deep vein thrombosis and can ease aching that can occur after treatment.
- Avoid prolonged standing and elevate your legs when sitting if practical.
- It is important you remain active; mild to moderate exercise such as long walks, golf or easy stationary bike ride is good. You can carry on with normal work or home duties.
- Wear compression stockings as outlined.

### AVOID for at least 5 days post procedure:

- Power walking.
- Rigorous activities (e.g. running, squash, tennis, high impact sports or aerobics).
- Repeated heavy lifting.

### COMMON POST-VASCULAR PROCEDURE SYMPTOMS:

- You may experience some pain and heaviness in the legs in the first few days after treatment which is often more noticeable at night. This is usually due to muscle congestion and inflammation and represents the beginning of the healing process.
- You may notice some tender hard lumps – these represent trapped blood that will be released when reviewed.
- Do not be concerned by what may appear as extensive bruising.

### MANAGEMENT OF POST VASCULAR PROCEDURE SYMPTOMS:

**Medication:** (take as per manufacturer's instructions) 2x Nurofen      or      2x Voltaren rapid 25mg tablets

**Activity:** Go for a short walk.

### RADIOFREQUENCY ABLATION TREATMENT COMMON POST PROCEDURE SYMPTOMS:

- The area treated may feel like "pulled muscle", tight/stiff/ache and tender. This will gradually improve over 2 weeks.
- You may notice some discomfort in the inner thigh around day 3 after treatment.
- There may also be considerable bruising in this area of discomfort.

### COMPRESSION STOCKINGS

Wearing the compression stocking is an important part of your treatment. Compression following your vein treatment assists the healing process, decreases the risk of developing a deep venous thrombosis and will reduce the degree of bruising, inflammation, swelling, and trapped blood.

- Do not cut the stocking and contact the clinic should there be any persisting problems
- Stockings must worn continuously 24hrs a day for the first 7 days after your procedure.
- By 24hrs a day we mean **day** and **night** and not to come off even at bedtime or in the shower.
- **However, if you develop pain in the foot or heel at night, especially if the pain wakes you, then remove the stocking once you are in bed, and put it on again in the morning before you get up.**
- The next 7 days you must wear the stocking during the day. Apply the compression stocking in the morning before you get out of bed.

### STOCKING APPLICATION:

To make it easier to use the stocking:

- Wear washing-up gloves
- Make sure the leg is completely dry
- Use the silk insert provided
- Try using talcum powder on the leg

To shower try one or several of the following:

- You can use a plastic bag (special ones can be bought from Independent Home Care).
- Dry the stocking after the shower with a hair dryer.
- Lie on a bed and remove the wet stocking. Clean your leg with a prepared face washer and dry it. Then put on the spare stocking. Be patient, it may be difficult to put the clean stocking on, as the leg will be slightly damp.

Please bring your stocking to every appointment.

### FOLLOW UP APPOINTMENTS:

- Review appointment will be organised as necessary.
- In general patients who have had sclerotherapy and radiofrequency ablation are reviewed at 2 weeks after treatment with a duplex scan. Always bring your compression stockings to each appointment.

**Patient Specific Instructions:**

Signed: \_\_\_\_\_ Name: \_\_\_\_\_

**POST PROCEDURE SYMPTOMS REQUIRING IMMEDIATE ASSESSMENT:**

These symptoms may be due to the development of deep vein thrombosis.

- Persistent Calf discomfort/Soreness not relieved by walking and medication as outlined.
- Unexplained Shortness of Breath
- Stabbing Chest pain

**Please contact Dr Bullen or if unavailable go to your local hospital for immediate assessment.**

**Dr Bullen:- Office Hours: 02 42269333 After 5pm 0475864055**

Alternatively Emergency Wollongong Hospital 02 42225000 and request to speak to Vascular Registrar. For further enquires of post procedure management please call 02 4226 9333.

Please advise Ulladulla Endoscopy and Medical Centre of any signs or symptoms or infection such as fever, swelling, redness, pain or discharge or if you visit your local doctor and are prescribed antibiotics for an associated infection within 30 days of your procedure with us.

**EMERGENCY:** CALL 000 for a NSW Ambulance OR Milton Ulladulla Hospital, 106 Princes Highway Milton, Phone 02 4454 9100.

**FEEDBACK:** At Ulladulla Endoscopy and Medical Centre, we always appreciate patient feedback. If you would like to make any comment, complaint, or recommendation about any aspect of care you have received from our centre, please talk to our doctors or receptionists. Alternatively, you can email us on [admin@southmedical.com.au](mailto:admin@southmedical.com.au) or write to us: Ulladulla Endoscopy & Medical Centre, PO Box 110, Ulladulla, NSW, 2539.

