

## Addenbrooke's Treatment Centre Day Surgery Unit

# Information following varicose vein surgery

### Returning to the ward

On your return to the ward you will be drowsy. A nurse will record your pulse and blood pressure and observe your leg wounds for any bleeding. The leg which has been operated on will be bandaged from thigh to toe with a cotton wool type material and a compression bandage. This can make bending the leg difficult at first. The groin wound will be closed by clips or stitches and covered with a dry dressing. There may also be tiny incisions made to the lower leg, closed either by clips, steri-strips or wound glue. You will need to see the practice nurse at your GP's surgery on the day after your surgery. He/she will remove your bandages, check your wounds and apply your stocking. Some clips/stitches may need to be removed seven days following your operation by the practice nurse at your GP's surgery. You will need to make this appointment at your convenience. Once the clips/stitches have been removed and the wound is dry you can take a bath.

This will normally be after five days but you can shower after 72 hours. You will gradually become more awake and will probably feel like something to drink quite soon. When you are ready you can have a cup of tea, coffee or squash and toast and biscuits. After about two and a half hours, we will help you to get up and walk you to the toilet. If you manage this and are comfortable we can contact your carer to come and collect you.

Do tell the nurse if you feel sore so that she can give you some painkillers.

## What to do when you get home

### Pain

It is normal to experience some pain and discomfort for three to four days. The nurse will have given you painkillers and instructed you on how and when to take them before you left the unit. Take them on a regular basis for the first 48 hours after your

operation to prevent pain. If you are in constant pain, please contact your GP. You will have been given a letter for the GP telling him/her about the operation you have had.

## Eating and drinking

You can eat and drink as normal when you get home. Some people find that their appetite is small at first. Often plenty of fluids may be all you require if you do not feel like eating. You should avoid sleeping tablets and alcohol while still affected by anaesthetic drugs.

## Safety measures

You have had a general anaesthetic. This can affect your co-ordination and make you feel dizzy and faint. For the next 24 to 48 hours you should not attempt to use any machinery like the cooker or the kettle. Do not bath or shower and do not lock the door when using the toilet.

## First day after your operation

- Gently mobilise around the home. Avoid standing still and always sit with your legs up.
- Continue taking the pain killers as required.
- The wound may ooze slightly for the first couple of days. If this happens, apply a gauze dressing to the area. If it is more than an ooze, contact your doctor for advice.
- See your practise nurse for dressing change.

## Second day after your operation

Gradually build up your activity. Walking and gentle leg exercises are beneficial but it is not necessary to walk long distances each day.

## General advice

- Expect the leg to have a large amount of bruising especially if the vein has been stripped.
- You should continue to wear your support stockings during the day and remove them at night whilst in bed.
- Continue to wear the support stockings for at least two weeks or until the bruising has gone.
- When sitting, elevate your legs on a stool.
- Support stockings can be washed only 30 times at 40 degrees before they lose their elasticity.
- Sexual activity can be resumed when you feel comfortable.

Drivers can resume driving for short distances when they feel in control of their vehicle and when they can perform an emergency stop without pain.

## Returning to work

This depends on the nature of your work. We will give you a certificate for work and advise you when to return to work. If the surgeon wishes to see you again, you will be notified by post.

## Seek help if you have

1. Not passed urine within 24 hours or sooner if uncomfortable.
2. Suffered persistent sickness.
3. Bleeding or leakage from the wound.
4. High temperature.

## Contact

If you have any questions or concerns, please contact:

- You're General Practitioner

**Or**

- Your Consultant's ( \_\_\_\_\_ ) Registrar. Telephone 01223 245151. Tell the operator who you require and she will try to contact them.

**Or**

- Day Surgery Unit on 01223 256330 – Staffed Monday to Friday 08:00 to 20:00.
- Ely day surgery unit on 01353 662082 – Staffed Monday to Friday 08:00 to 18:00.

## Individual advice:

Follow up appointment:

Medication / pain killers:

Stitches:



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagidaki adrese e-posta gönderin: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

## Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করুন।

## Bengali

### Document history

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