

# DR VIKRAMPUTTASWAMY

Vascular and Endovascular Surgeon  
FRACS (Vascular) FRACS (General)  
Provider # 201797CH

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North Shore Private Hospital  
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ST LEONARDS NSW 2065

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## **Post Operative Instructions for Varicose Vein Surgery**

**Wound Care:** If you have a wound in your groin, it will be covered by a dressing when you are discharged. Please remove the dressing the following morning but ensure you leave the underlying steristrips intact. If the steristrips covering the incisions in the leg start to lift in the first week, reinforce them with the steristrips provided to you on discharge.

**Stockings:** Stockings are to be worn all day for the first three weeks after surgery. You must leave your stocking on until you are going to bed and reapply it upon rising in the morning. You may also remove your stocking for showering.

**Analgesia:** Take Panadol as required. If you have allergies or other medical conditions that preclude you from taking Panadol, please discuss this with the anaesthetist.

**Mobility:** Once you are discharged from hospital, you are to walk twice a day for 20 minutes each walk. Try to avoid excessive stairs or hills and walk at a comfortable pace. Do not attempt any sporting activities or swimming until Dr Puttaswamy reviews you. Do not stand for any prolonged periods of time and keep your leg elevated when you are at rest. Avoid driving for the first seven days. At this stage ensure that you feel comfortable to drive and start with a short distance as a trial.

**Bruising:** The bruising on your leg will generally increase over the first week. Once you have been assessed by our Practice Nurse, you will be encouraged to gently massage Hirudoid cream into the bruised areas, avoiding any incisions. The bruising gradually improves but may last up to 6 to 8 weeks.

**Showering:** You may remove your stocking for showering. You are allowed to get your leg wet, however it is advisable not to have a bath or soak your wounds. When you are drying your leg, please ensure you pat it dry and do not rub at all with a towel.

**Air Travel:** Following surgery you should not undertake air travel for 6 - 8 weeks and you will require final clearance from Dr Puttaswamy before travelling.

**Follow Up:** Please telephone our rooms on 9439 8715 to arrange your post operative visit with our Practice Nurse. This is approximately seven to ten days after your surgery. We will also book your post operative consultation with Dr Puttaswamy which will be two weeks after that day.

**Concerns:** If you have any concerns, please contact our rooms immediately on 9439 8715. In particular, if your wounds are increasingly red or painful or if your leg feels hot to touch. If our rooms are unattended, please contact North Shore Private Hospital on 8425 3000. Alternatively, in an extreme emergency, please attend the Accident & Emergency Department at Royal North Shore Hospital.