

Where can You Seek Medical Attention?

- You may call TTSH General Surgery Specialist Clinic 2A / 2B during Office hours* @ 68894258 or 68894242 to schedule for an earlier appointment with your surgeon.
- After office hours, you are advised to seek treatment at the Emergency Department, Basement 1, TTSH.
- You may also wish to proceed to your nearest Polyclinic or family doctor.

*Office hours:

Monday - Friday: 8 am – 5 pm
Saturday: 8 am – 12 noon
Sunday & PH: Closed

Department of NURSING

Varicose Vein Post Surgery Instructions



Discharge Instructions on Post Operative Varicose Vein Surgery

The instructions provide general information and advice regarding your condition. These guidelines are not exhaustive and taking these precautions may help to reduce risks and complications.

DIET

- You do not need to be on a diet restriction and may resume your normal diet.

WOUND CARE

- Keep your wound clean and dry until it is fully healed.
- After your operation, keep the crepe bandage on.
 - If it comes loose, reapply the bandage with good pressure to the leg. Do not reapply crepe bandage too tightly.
- On the second day after your operation, the crepe bandage and cotton wool can be removed and replaced by a tubigrip.
 - The tubigrip is provided upon your discharge from the Day Surgery Centre.
 - For the first 3 weeks: The tubigrip should be worn during the day and night except during bath time.
 - For the next 3 months: The tubigrip should be worn during the day.
- On the third day after your operation, the steristrips can be removed.
- Depending on your condition, the surgeon may also recommend surgical compression stockings to prevent the veins from bulging. Surgical stockings are worn during the day for 6 weeks or until your next review.
- Some bruising is expected over the lower limb after the operation.

ACTIVITIES

- It is advisable to rest on the bed overnight.
- Raise your feet off the bed or your mattress with 1 pillow. This is important to help blood drain back from the legs.
- When sitting, your legs must be elevated.
- On the first day after your operation, you may take short walks in the house, gradually increasing to brisk walking outdoors if there is no pain or discomfort.
- Do tiptoe exercises daily by standing on your toes and lifting your heels off the floor.
- Avoid standing still or sitting with your legs down for a prolonged period of time.

PAIN MANAGEMENT

- Do take your pain medication as prescribed by the surgeon.
- Please stop the medication if there are signs of allergic reaction (skin rashes, breathing difficulty, swollen eyes or lips or face). Report to your general practitioner/emergency department for treatment if you experience any of these side effects.

When Should You Seek Medical Attention?

If you experience any of the following signs and symptoms, please seek medical attention:

- Active bleeding seen from the wound and does not stop with manual pressure
- Severe pain and redness at the operated site which is not relieved by medications
- Severe sudden onset of leg swelling and pain
- Fever of 38° C and above