

Open Varicose Vein Surgery Checklist



- This surgery will usually require an overnight stay.

- The post-operative compression dressing will be changed to compression stockings after surgical review the morning after your surgery.

- Please wear your compression stocking for 5 days, day and night, followed by 5 days during the day only.

- There won't be any stitches that need to be removed.

- If you are on diabetic medications that contain dapagliflozin or empagliflozin (Forxiga, Qtern, Xigduo XR, Jardiance, Jardimet or Glyxambi) these may be withheld for up to 4 days after the procedure.

- You will receive Clexane injections for 5 days post-op to minimise the risk of a DVT. The nursing staff will show you how to administer these yourself (your partner or a family member can also administer them for you). This is a straightforward process.

- Mobilisation is encouraged postoperatively. Strenuous exercise should be avoided whilst you are wearing the compression stockings.

- Most people would be fit to drive again after 48 hours. Please make sure that you are comfortable performing an emergency braking manoeuvre before you start driving again.

- If you had stab avulsions these can ooze a bit if vigorous exercise is performed too early. Usually, a bit of pressure solves the problem, but please let Dr Ritter know.

- Most people will return to work after 7 to 14 days.

- Please refrain from vigorous exercise while wearing compression stockings.

- You will have a lot of bruising on your legs, which will change colours from blue to green to yellow before it disappears. This can take several weeks.

- You will be able to feel some hard lumps under your skin. These are small haematomas that have formed where we removed your veins and are entirely normal. They will all slowly be absorbed by the body. This process will take several months. Rarely, some larger lumps may take 6 to 12 months until you cannot feel them anymore.

- If an incision site shows some redness or is moist, please get antibiotics prescribed by your GP, which usually settles the issue within a few days. If it doesn't settle or you are concerned, please call the rooms.

- Please take your prescribed pain medication over the full duration to ensure that you stay comfortable and the wound settles nicely.

- Your post-operative follow-up will be 6 weeks after the procedure. However, should you be concerned about anything, please let us know and Dr Ritter will see you earlier.

