

Discharge Information after Varicose Veins Treatment

You will be asked to walk for 15 minutes post-operatively. This is to reduce the risk of developing a deep vein thrombosis (DVT).

After-care:

- **Bandage/dressings:**
 - Keep your bandage on for **48 hours**, after which, remove it, dry the leg and replace with a dry thigh length compression stocking (these will be given to you).
- **Compression stockings:**
 - Wear day and night for **7** days
 - Then during the day only for **7** days
 - You will be given a spare pair of stocking (wash and a wear).
- If you are in pain, you can take paracetamol or apply ibuprofen gel over the treated veins.

Things to avoid:

- **Activities that make you hot or sweaty** (e.g. running) for 1 month
- Swimming is fine but you must wear your stockings.
- **Driving** for 48 hours after your treatment.
 - After this you can resume driving when you can perform an emergency stop without pain.
- **Flying** for 4-6 weeks post procedure.
- **Sitting for prolonged periods.**
- **For avulsions:** You should NOT bathe/shower for 48 hours post treatment. You should NOT swim until the wounds are healed.

Exercises:

- Return to normal daily activities, mobilising as much as possible.
- Do a minimum of 5 minutes walking every hour awake for 1 month.

Blood thinners:

- Please **continue your blood thinning medication**, unless specifically instructed otherwise.
- If you are at higher risk for a DVT, your surgeon may also provide blood thinning injections for a set period.

Signs you may see:

- **Bruising** is normal – it usually settles within 2 weeks.
- **Staining** along the vein is sometimes seen (a risk discussed with you prior to your procedure) – it usually fades over a few weeks to six months.
- **Lumpiness** over the veins is normal – it usually settles after a few weeks to months.

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Signs you may see continued...

- **Phlebitis** – inflammation of treated veins – mostly self-limiting.
- **Numb/tingling patches of skin** – there is a small risk of damage to nearby nerves. This usually gets better with time.
- **Recurrence** – there is a chance that varicose veins may reappear after some time, even after treatment.

Contact your GP, 111/A&E if you have:

- **Signs of infection** – tender, red discharging areas around wounds that may require antibiotics.
- **Bleeding** from anywhere or excessive bruising
 - Stop blood thinning medication until you have spoken to a doctor on the same day.
- **Signs of a deep vein thrombosis (DVT)** - painful, hot swollen calf/leg with pain on walking.
 - The chance of this after surgery is small but can happen.

You can return to work the next day, provided you aren't sitting for prolonged periods or doing very physical work – you may need amended duties or time off if this isn't possible.

Additional information:

- [Varicose veins - NHS](#)

Key Contact Numbers

If you have any concerns, you can contact:



Your GP or 111

Surgical Hub (7am-7pm Monday-Friday):

Surgical Hub (First Floor) – **02921 826510**

Surgical Hub (Ground Floor) – **02921 826348**