



You will receive this folder and in it we will give you a number of precepts in order to facilitate the follow-up care at home. The information is intended to supplement the conversation with your doctor.

You have just undergone surgery for varicose veins. During the operation, the surface vein was tied off at the point where connects to the deep vein. This was accomplished with a small incision in the groin or hollow of the knee or both. The incisions were stitched up with dissolving sutures. You do not have to return to hospital to have them removed.

The vein was removed from under the skin using a thin plastic thread, a bit like pulling a jacket sleeve inside out, in a procedure called stripping. In this procedure, the side branches of the vein were torn off, which causes bruises under the skin. This bruising cannot be avoided and your leg will turn a variety of colours, as is common with bruises. This is normal.

It is occasionally a bit painful during the stage when bruises are being eliminated by the body and hard lumps form. This is also normal.

Small incisions have been made at various places on your leg in order to remove additional visible bulges caused by varicose veins. These incisions are so small that they did not require sutures and sticking plasters have been applied instead. These sticking plasters should remain in place for at least three days. If they still adhere to your skin after a week, you can carefully remove them. Do so by pulling the edges of the sticking plaster away from the skin up to the incision wound on both sides. This way, the wound will have the best chance of remaining closed.

If the sticking plaster comes loose earlier, fluid may ooze from these incision wounds. In that event, it is best to remove the sticking plaster and replace it with a new one.

If blood oozes from any of the incision wounds, it is usually old blood and no reason for alarm. It is sufficient to clean and re-bandage the site.

Sometimes, you might notice that a section of skin is hypersensitive, generally in the lower leg and also in the hollow of the knee when a small incision has been made, which is the result of injury to a nerve in the skin. That area could feel as if it were being pricked with pins or numb. This sensation often fades as time passes, but it can sometimes last for months because nerves heal slowly.

Fluid occasionally builds up, causing the leg to swell. This usually does not happen but if it does, additional measures like wearing elastic support stockings are unnecessary.

## Monitoring

- As already mentioned, removal of the sutures is not required because they dissolve. There is also no medical reason for you to return to the surgery for a check-up. If you have questions, you can always call the outpatient surgery, tel. 070 - 340 13 72. Your problems can usually be discussed and solved on the telephone. Otherwise, a check-up at the outpatient clinic can always be arranged in the short term.



- In view of the extensiveness of your varicose veins and the operative results, we ask you to make an appointment at the outpatient clinic to check your surgical wounds 6 weeks after surgery.

## Painkillers

### Important

Take our next important opinions on the pain treatment:

- take your pain medication in the prescribed way. Do not wait until the pain is too violent.
- Do you as much as possible to the requirements of your doctor and the nurse.
- The painkillers you get on prescription from your doctor.
- Once the pain changes of location, severity or character warns you instantly

## Work

You can resume working as soon as you are able to do so. There are no medical reasons to be absent from work. All activities are permitted, although it is advisable to avoid swimming in the first three days following surgery.

## When can you remove the pressure bandage?

The pressure bandage put on your leg after surgery is intended to prevent as much bruising as possible during the first 24 hours. After 24 hours, it can be carefully removed. You can do this yourself, after which showering is permitted. Wherever possible, however, you should not remove any sticking plasters located under the pressure bandage. Any covering plasters placed over the sticking plasters (e.g. in the groin) should also be removed after 24 hours.

## Should I elevate my leg when I sit?

This is not necessary. If it is more comfortable for you, you can of course keep your leg elevated. It is particularly important to keep moving as much as possible.

## Standing

It is often thought that people should not stand for long durations after varicose vein surgery. In the initial period following surgery, standing for long durations could be uncomfortable. However, there is no medical reason for not doing so. It is best for you to keep moving in order to promote blood circulation.

In case of any physical complaints or questions during office hours please contact the outpatient Surgery, Voorburg 070 - 340 13 72 or Delft 015 - 260 38 34.

In case of an emergency outside of office hours please contact the emergency room of Reinier de Graaf Delft , general telephone number 015 - 260 30 60.