

**The Vascular and Vein Laser Center**  
**PRE-POST OPERATIVE INSTRUCTIONS**

- 45 minutes before your surgery take the prescribed Valium and 1 tablet of your pain medication. You may eat a light breakfast or lunch. You will need to make arrangements for someone to drive you to and home from your appointment.
- Wear something comfortable and loose on your legs, it will need to go over the compression wrap, which can be quite thick.
- The day of surgery and the next day walk around and get some exercise. When you are resting keep your leg elevated. You may return to normal activity as soon as you feel like it. If you are working you may plan to be off for one week, but may return sooner.
- Wear the compression bandages continuously for 24 to 48 hours. If the wrap is very uncomfortable or feels like it is rubbing you may take down after 24 hours.
- When you remove the compression dressings, some of the bandages may stick, don't pull on them, just get them wet in the shower and they will drop off. **Expect bruising** this is normal, you will also feel lumps under the incisions this will get softer in time. If you see anything that looks like stitches coming from the incisions, do not pull on them they are not stitches but residual vein. You may clip them off or just leave them alone. When you shower for the first couple of times you might put the shower on LOW pressure, so when the water hits your wounds they won't sting as much.
- Put the compression hose on and wear them when you are up and around. You do not have to sleep in the compression hose. You will need to wear them for 2 weeks. You will need Class II 30-40 compression; thigh-high or pantyhose.
- Wait at least 2 weeks before getting into a hot tub/spa or pool.
- Take the prescribed antibiotics, and the anti-inflammatories until they are gone, you may take the pain medication on an as needed basis. If you cannot take the pain medication or do not wish to you may take Extra Strength Tylenol.
- A small amount of oozing is normal. If you feel the dressings need changed please call the office or if it is after hours or on weekends call Dr. Hrdlicka at the numbers provided below.
- Return for your scheduled appointment. \_\_\_\_\_.

If you and ANY questions or concerns please call Beth at the office at **341-5311** or after hours you may reach Dr. Hrdlicka at **527-6177** (cell) or **646-4007** (pager) dial in your number and he will return your call.