

INSTRUCTIONS

VEIN SURGERY

Be in Admissions at Pennsylvania Hospital, 800 Spruce ST at: _____

The procedure is schedule to start approximately: _____

You must be on time or your procedure may be postponed until later in the day or even cancelled.

The exact timing of cases starting after 8 AM is highly unpredictable

If you have the following problems, you must inform your doctor before the test:

Blood-thinning medications: If you are taking Coumadin or Plavix, you should let the doctor know. We will stop these medications several days before the test to prevent bleeding.

- 1) Day of surgery: nothing by mouth (except medications with sips of water - check with your primary care physician or anesthesiologist or cardiologist)
- 2) After surgery, you will remain in the hospital on bed-rest approximately 4 hours
You will usually be discharged the day of surgery.
- 3) You must make arrangements to have someone else drive you home
- 4) You should relax when you get home, although it is acceptable to walk
- 5) You may resume normal activities the day after the procedure although you should not jog or actively exercise until your surgeon tells you if it is ok at your first office appointment.
- 6) You should call the office 215-829-5000 when you get home for a follow-up appointment to be scheduled approximately 1-2 weeks later. Tell them you do not need any studies unless the doctor told you otherwise.
- 7) Expect to feel tired for a few days and to have some incisional pain. This is normal.
- 8) Try to walk at least three times a day.
- 9) Showering or bathing is acceptable the third day after surgery. You can remove the dressings and ace bandage. After bathing, re-apply the ace bandage.
- 10) Try to slowly but fully straighten and bend your leg at the knee while lying in bed a few times a day.
- 12) To avoid leg swelling, keep your leg elevated *above your chest* by lying in bed or on a couch: you must keep your head and chest almost flat to do this (on one or two pillows) but keep your foot elevated on several pillows. Do this for 2-3 weeks after surgery. Do not sit in a chair for extended periods of time.

Questions call Kelly 215-829-5005