



*Good Samaritan Hospital
Vascular Surgery*

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DISCHARGE INSTRUCTIONS

Patient care instructions after Vein Ligation Surgery

ACTIVITY

- Resume normal activity to tolerance.
- Bring compression stockings with you the day of surgery as the doctor will put them on you after surgery.
- No running, aerobics, or weight lifting for 72 hours following procedure.
- You may drive _____ days after the procedure.
*Contact the office if you were not given a specified number of days.

DIET

- Resume your pre-surgical diet.

MEDICATIONS

- Resume all pre-surgical medications, unless otherwise instructed.
- You may take Tylenol, Ibuprofen, or aspirin as needed for pain.

DRESSINGS

- Wear stockings continuously for 3 days, then while out of bed for 2 weeks.
- You may shower, but keep dressings dry.
- Remove all bandages after 3 days; leaving steri-strips in place until your post-op visit. Some of the steri-strips may peel or fall off prior to your visit.
- Expect some spots of blood on the dressing.

SPECIAL INSTRUCTIONS

- If there is a large amount of bleeding, elevate the leg, apply pressure and call our office.
- You may apply ice packs to any area that is sore, throbbing, or painful.
- Elevate legs whenever possible.
- Please schedule your follow-up appointment with the doctor in our offices 10 to 14 days after surgery.
- For any other questions or problems, feel free to call us.

Good Samaritan Office
443-444-3431

GBMC Office
410-512-8686

Greater Baltimore Vascular Surgery