

VARICOSE VEIN PRE AND POST SURGERY GUIDE

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POST-SURGERY



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Pre-Surgery Guidelines



2 weeks before surgery:

- Inform our staff of any medications or vitamins you are taking at least 2 weeks before your scheduled surgery date.
- Cease supplements 2 weeks prior to your surgery and refrain from using them until 2 weeks after surgery unless instructed otherwise by your GP, specialist, or surgeon.



Inform your Surgeon if you are on any of the following:

- Multivitamins
- Vitamin E
- Supplements containing garlic, ginger, ginkgo biloba, evening primrose oil, fish oil, or omega-3 (e.g., krill oil), hormone replacements, contraceptive pills or Iron supplements.
- Aspirin, Plavix, Disprin, Apixiban, Riveroxiban, Aspro Clear, Ibuprofen or any other blood-thinning or anti-inflammatory medications (blood thinners and can cause bleeding)
- Ozempic or equivalent weight loss medication should be stopped 3 weeks prior to surgery and only clear fluids diet the day prior to surgery.



Important Notice:

Dr Hajian will discuss how to manage your blood thinners before and after surgery. Typically, you can continue Aspirin or Clopidogrel (Plavix) but you may need to stop other blood thinners such as warfarin, Xarelto (Rivaroxaban) or Eliquis (Apixaban).



Smoking Cessation:

You must stop smoking and/or vaping at least 8 weeks prior and after surgery. For optimal healing, avoid smoking for as long as possible after surgery.



If you have any questions or concerns regarding this information, please contact our office.



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Morning Of Surgery



Showering:

- Take a shower before the appointment to ensure the treatment area is clean.
- Avoid shaving the treatment area unless instructed otherwise.



Clothing:

- Wear comfortable, loose-fitting clothing as you will need to wear a thigh compression stocking under your clothing. Please avoid wearing lace or tight-fitting underwear.
- Do not wear perfume, contact lenses, lotion or any jewellery on the day of surgery.
- Be sure to bring your glasses and their case.
- Please bring your prescribed compression stockings with you to wear after the procedure.



Transportation:

- Confirm your appointment details and arrive at the clinic or hospital on time.
- Arrange for someone to drive you home after your laser ablation or open varicose vein procedure, as you may not be able to drive immediately afterward.
- As for Sclerotherapy injection, you can drive after a short walk immediately after your injections.



Fasting:

- If you are having your procedure in hospital, you will receive instruction for fasting the day before your procedure.
- If you are booked in a day procedure clinic, you do not need to fast for the procedure.
- Bring a small snack or drink if allowed, especially if you have diabetes or need to manage blood sugar levels.



Important Information for Day Surgery Patients:

If you are being admitted as a day case (no overnight stay required), keep the following in mind:

- The major effects of anaesthesia wear off quickly, but minor effects on memory, balance, and muscle function may persist for several hours. These effects vary by individual.
- You are not permitted to drive while taking pain medication.
- You must have access to a mobile phone.
- Avoid operating machinery or making important decisions for at least 72 hours after anaesthesia.



Arrival:

Plan to arrive at the hospital 10 minutes early on the day of your surgery.



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Post-Surgery Medications & Pain Management



We hope your recovery from surgery is going well. This plan is designed to help you manage postoperative pain. While some pain is inevitable after surgery, our goal is to make it as manageable as possible. . It is best to remain active to speed up your recovery. You will feel some soreness or heaviness and bruising around where your veins have been treated.



If you had general anaesthetic in hospital, the Anaesthetist might give you a script for Panadeine Forte or a stronger pain killer if required. If your pain is not controlled with these medications, please contact the rooms on 02 9868 5155 or email info@drhajianvascular.com.au if you have any concerns after hours or over the weekends.

Please adhere to this plan closely for the best results. If you have allergies to any of the listed medications, do not take them without consulting your doctor. *Dr Hajian may prescribe a short course of preventive blood thinner such as Xarelto or Apixaban after your procedure.*

Paracetamol (Panadol)	Ibuprofen (Nurofen)
500mg	200mg
Take 2 tablets every 6 hours for 10 days. (No prescription required)	Take 2 tablets every 8 hours with food for 10 days. (No prescription required)



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Post-Surgery Care Instructions:



Activity:

- It is important that you remain active with gentle walking every day after operation. This helps prevent blood clots, reduces swelling, relieves pain and improves the results of your surgery.
- During the day, every 30 minutes, go for a short walk. Try to walk at least for 30 minutes every day.
- Increase the distance you walk up to 1-2km at least twice a day by the end of your first week.
- Do not run or do any heavy exercise that would increase your heart for two weeks.
- Light upper Body exercises or stretches are ok but please avoid running, cycling or squatting.
- When you are resting, elevate your legs. Do not keep your legs in dependent positions.



Bathing:

- You may have a shower, leaving the clear, waterproof dressings on. Do not scrub over the dressing.
- Please pad dry your leg after the shower to keep the dressings intact. Put on your compression stocking straightaway over the dressings after showering.



Dressings & Compression:

- Keep your compression stocking or the bandage that was applied after your surgery for the first night after going home.
- On the following day, if the bandages are on post discharge, wash your hands and remove them on the first day after your surgery. There will be tiny cuts which are covered by a clear waterproof dressing. Please keep these dressings intact for a week.
- If you cannot see Dr Hajian within 1 to 2 weeks, you can take the dressings off after 7 to days by your GP or nurse practitioner.
- You will need two weeks of compression after your treatment to ensure the effectiveness of your treatment.
- Please keep the compression stocking on for at least a week during day AND night and take them off only for shower. After one week, you can take them off during the night but continue to wear them during the day for another week.



Wound Care:

- Keep your wounds dry and clean. You might have some minor bleeding or oozing after surgery.
- Place a Band-Aid over the bleeding area and put some pressure with your finger while you are sitting with your legs on the bed. If it doesn't settle, seek medical help.
- Some bruising is normal and expected. It may take a few days before it is seen on the skin. If it is very painful or seems excessive, please seek advice from Dr Hajian.
- Infection after keyhole venous surgery is not common but can occur after open procedure in the groin.
- Look for signs of infection- these are redness, swelling and discharge around the cut, fever, pain or tenderness around the wound area. Contact Dr Hajian or your GP if you notice any of these symptoms.



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Post-Surgery Mobility Exercises

It's important to gently stretch your chest and abdominal muscles after surgery, especially if you've been less mobile in the first few days. To do this safely and effectively, we recommend the following exercises:



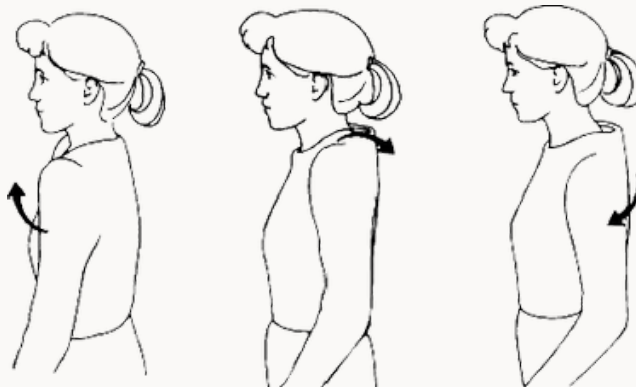
Deep Breaths - *This helps stretch your chest muscles by expanding your ribs and ensures your lungs fully expand after anaesthesia.*

- Take a deep breath, hold for 2-3 seconds.



Shoulder Shrugs and Circles - *These help stretch your chest and shoulders while relieving tension in your neck and shoulders.*

- Bring your shoulders forward, up, back, and down in a large circle. Start with smaller circles if you feel stiff, gradually increasing the size as you loosen up. Repeat 5 to 10 times.



These exercises can be repeated several times a day, starting on day 1 post-surgery, and will help you feel more mobile and speed up recovery by stretching your pec muscles.



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Thank you for diligently following these post-operative guidelines. Your commitment to proper scar care and recovery will greatly contribute to achieving the best possible results.

If you have any questions or need further assistance, please don't hesitate to reach out. Your health and satisfaction are our top priorities.

YOUR BEAUTY, OUR EXPERTISE.

