

VARICOSE VEINS

MR CICHOWITZ

It is recommended that you observe the following instructions:

1. Steri strips have been applied to your legs. These should remain intact for at least 5 days. In the event that they fall off, bandaids may be applied to the sites if the wounds are separating.
2. You may experience some pain – if no pain relief medication has been prescribed, you may take Panadol or Panadeine and Nurofen which are available over the counter from any chemist. While taking medication for pain, it is important to drink at least 2 litres of fluids as some medications can cause constipation. If this becomes a problem, you may require aperients, which can be obtained from any chemist without a prescription.
3. Please report any of the following to your Surgeon
 - Temperature above 38°
 - Excessive pain
 - Redness near your avulsion sites
4. A review appointment will be arranged for you to see your Surgeon.
5. Your TED stockings should be worn for the next 4 weeks
 - Continuously for the next 2 weeks (off for showers only)
 - Worn only when up and about for the following 2 weeks
6. Continue to increase your mobility gently. Avoid sitting with your legs down, or standing in the one position for too long.
7. Special instructions from your Surgeon.

Should you have any other concerns, Mr Cichowitz can be contacted on 5721 4366 or ring Wangaratta Private Hospital on 5723 0950