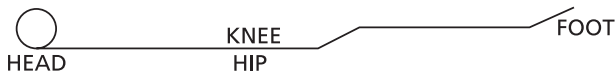


**HOME CARE INSTRUCTIONS FOLLOWING VEIN LIGATION AND STRIPPING - Dr. Sally Mattingly**

**ACTIVITY**

1. Stay in bed with leg elevated for next two days except for bathroom and eating at table.



2. After two days, can gradually increase the time up walking - either should be walking or lying down with leg elevated except for toilet and eating.
3. Restrictions: Do not drive until seen by Dr. Mattingly. Do not lift more than 25 lbs. for two to three weeks. Do not stoop, squat or bend any more than necessary.
- 4.

**SURGICAL SITE CARE**

1. Leave dressing on until .  
Then may remove dressing and get leg wet in shower, pat dry.

**COMFORT**

1. You may need to use prescription pain medication regularly at first and then only as needed. If pain medication does not keep you comfortable, contact your doctor. If nausea occurs, take food in 1/2 hour prior to taking medication. If nausea persists or rash occurs, stop taking medication and call your doctor.
2. For milder discomfort, use over-the-counter pain medication.

**MEDICATION**

1. New medications:

2. Last dose of pain medication:

**DIET**

Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them.

If you become nauseated, tea or carbonated beverages are helpful. If vomiting persists, call your doctor.

**SAFETY**

1. You can expect to feel dizzy, weak and drowsy for as long as:

- 24 hours after receiving a general anesthetic.
- 12 hours after receiving sedation.
- while taking prescription pain medication.

2. Please follow these instructions for that time:

- a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways.
- b. No alcoholic beverages today.
- c. Postpone signing any important papers or making any important decisions.





Wausau, WI

715.847.2121 ~ 800.283.2881

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Date: \_\_\_\_\_

3. Because of the effects of anesthesia/sedation, we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.

**RETURN APPOINTMENT**

DR:

**WHEN TO CALL**

If any of the following symptoms occur: ABNORMAL OR DECREASE IN CIRCULATION TO LOWER EXTREMITY (i.e., numbness, coolness, grey/blue color), REDNESS AROUND THE INCISION(S), DRAINAGE, SEVERE PAIN, FEVER OVER 101°, PERSISTENT NAUSEA AND VOMITING, RASH OR ANY CONCERNS ABOUT YOUR RECOVERY.

DATE/TIME:

**WHO TO CALL**

DR.

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of emergency, please go to your nearest emergency facility.

PHONE:

AFTER HOURS PHONE:

Aspirus Day Surgery Plus - Open 6:00 a.m.-5:30 p.m.  
Phone: 847-2907 Monday - Friday

**I have discussed the above information with a nurse and my questions have been answered to my satisfaction.**

\_\_\_\_\_  
Patient or Responsible Party Signature

\_\_\_\_\_  
Date/Time

\_\_\_\_\_  
RN Signature

\_\_\_\_\_  
Date/Time