

SURGERY INSTRUCTIONS

Dr. _____ has scheduled your surgery

Date/time: _____.

Please arrive in the admitting office, first floor hospital lobby, at _____.

You will be contacted by the UAB Vein Clinic before surgery to confirm times and appointments. Your anesthesiologist will meet with you on the day of surgery unless you were evaluated before surgery. Please bring a list of all your medication(s) with you.

Before Surgery

- Eat a light dinner the night before surgery. Do not eat or drink after midnight the night before surgery, including the day of surgery.
- Do not take diabetic medication or vitamins on the morning of surgery. If you take blood thinning medication or aspirin, you should get specific instructions regarding these medications from your surgeon. You may take other routine medications with a sip of water unless otherwise instructed by your surgeon.
- Wear loose-fitting clothing. Remove any jewelry or nail polish beforehand. If you use contact lenses, please remove them and use eyeglasses.
- Bring a family member or friend with you for transportation to and from the hospital.

After Surgery

- Expect variable amounts of pain after surgery. Take prescribed pain medication at early signs of discomfort. Substitute Tylenol as tolerated. Avoid anti-inflammatory medications like ibuprofen, Advil, or Motrin for one week after surgery.
- Leg dressing will be snug. Your toes should be pink and move freely.
- Resume your usual diet as tolerated.
- Resume usual medications unless otherwise instructed by your surgeon.
- For 1-3 days after surgery, you should limit your activity to routine and necessary activities along with brief walks.
- When you are not active, you should rest with your feet elevated. Increase activity as tolerated.
- Remove leg dressings as instructed by your surgeon.
- Expect lots of bruising and some swelling of the leg.
- Keep incisions clean and dry.
- Shower as instructed by your surgeon. Avoid a full bath for 2-3 weeks following surgery.

Your post-operative appointment is scheduled on _____.



Vein Clinic

located at UAB Highlands

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