

- In principle, no specific scar treatment is required; however regularly applying a skin care cream can greatly aid the healing process.

In the case of severe swelling, intensifying throbbing pain, numbness in the legs, discolouration of the toes or fever (temperature above 38 °C), you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

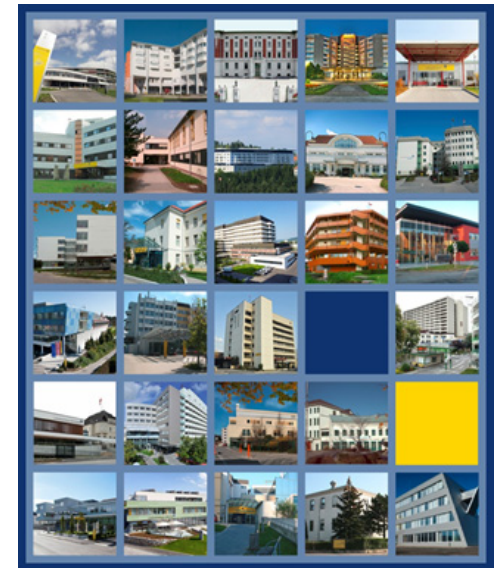
Your surgical team

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Surgery

Discharge information



Behaviour after varicose vein surgery

**LANDES
GESUNDHEITS
AGENTUR**

Gesund und gepflegt. Ein Leben lang.

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

We would like to make you aware that there are a range of different surgical techniques which may be used in the case of varicose vein surgery and different specific precautions are recommended depending on which technique is used. There are however some general guidelines that we would like to outline for you.

Please observe the following for the most favourable treatment outcomes:

Full physical strain after 3 weeks

Removal of the stitches/
staples/Steri-Strips under doctor's
orders 7-10 days
after surgery

Follow-up examination under doctor's
by the relevant specialist orders

Important general information

- In the initial weeks after surgery, the affected leg should be elevated once in a while. If you have to stand for an extended period, you should always activate the muscle pump (move the toes, transfer your balance from one leg to the other etc.)
- Avoid crossing your legs and wearing constricting clothing.

- Movement encourages venous return and in doing so prevents swelling and the recurrence of varicose veins; walking/running and swimming are recommended.
- The surgical stockings (compression class II) should be worn day and night for up to two weeks; it is not sufficient just to wear them during the day. Your surgeon will inform you of the precise duration.
- Showering is possible from the second day after surgery. However, the wound area should only be cleaned with water, and no soap. Please discuss the use of waterproof bandages with the doctor treating you. Full baths, sunbathing and sauna visits should only be resumed once the wound is fully healed.