

## After coming home

**Physical activity:** You can move around as much as you like after you come home. You can go for a walk in the afternoon outside if the weather is good. It is quite all right to go to work whenever you feel comfortable with it as well as exercising. A lot of people stay at home afterwards for one or two days. People that work physically challenging work sometimes rest at home for a week.

**Bandages:** Bandages are removed 48 hours after the operation. If the bandages are stuck to your skin it is recommended to take a shower and get it wet. If you experience any fluids coming from any of the punctures holes it is best to put a regular band-aid on it. After showering, dry carefully off and put on a compression stocking that reaches up to your knee.

**Appearance:** Where the varicose veins have been removed you will notice little puncture holes and bruises. These holes will be visible for a couple of months afterwards. If you notice any fiber/strings/threads around the little holes be careful not to scratch them off, they fall out spontaneously after a few days. If this happens and it is bothering you, you can cut it off close to the skin with clean scissors.

**Compression stocking:** Use compression stocking for the next two weeks during the day (it is all right to use it longer).

**Work:** You may go to work as soon as you feel up to it. Most people are back to work in two or three days.

**You may exercise after the bandages have been removed but you must wear the compression stocking the first two weeks during daytime. Do not take a bath (soak in a bath tub), go to the swimming pool or in hot tubs after the operation. Just shower for the first two weeks.**

## For more information

You can find further information on the Reykjavík Venous Center, [rvc.is](http://rvc.is). We encourage you to visit our website prior to the operation for more details. If you have any questions or thoughts you would like to share please contact us.

# RVC

REYKJAVÍK VENOUS CENTER

You have been appointed for

varicose vein operation \_\_\_\_\_

at \_\_\_\_\_

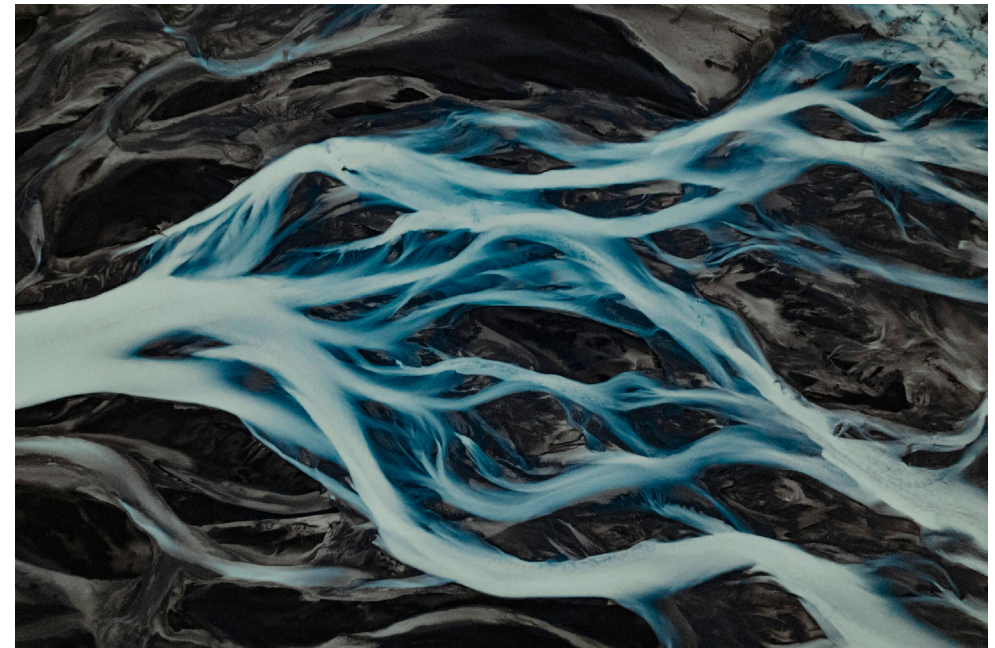
# RVC

REYKJAVÍK VENOUS CENTER

## REYKJAVIK VENOUS CENTER

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## Home preparations

You must fast for six hours before operation but can drink clear, fibreless and fat free liquid such as water, juice or tea up until two hours prior to it.

Before you come you should shower, using regular soap.

Do not put any body lotion on your feet. It is advisable to buy a compression stocking that reaches up to your knee prior to the operation. It is not necessary to bring it with you because you will not have to use it until you remove the bandages 24-48 hours after the operation.

You will get quite bulky bandages after the operation so we advise you to wear loose trousers and shoes that are wide and are easy to put on and take off.

## Medication

You are allowed to take in your usual medicine, except for blood thinning medicine and ones that are taken for diabetes. If you use such medicine please bring them with you. It is allowed to take in aspirin. Prior to your visit it is recommended to take in paracetamol (500 mg), three tablets with half a glass of water.

## Transportation

We advise you to have someone take you home afterwards. You will not be allowed to drive a car after the operation so you should make some arrangements.

## During the operation

You will get a sedative and some painkillers during the operation. That is why you may not drive a vehicle for the rest of the day.

## Description of the operation

A surgeon makes a thorough observation and labels all varicose veins with a marking pen and an ultrasound is performed. Usually the operation is done using sedative and local anesthesia. An anesthesiologist is in charge of the sedatives and the painkillers for the anesthesia. During the operation, you might feel some pressure or a slight "pulling" but you should not feel any pain after the local anesthesia. The operation takes approximately 30 to 90 minutes.

## After the operation

The operation area will be covered with bandages rather tightly and you will lie comfortably in the awakening room for 30-60 minutes while you are recovering. You will be served with something to drink and eat. After that you can have somebody to pick you up in there. If you feel any pain afterwards we recommend taking regular painkillers such as paracetamol 500mg, 2 tablets three times a day or ibufen 400mg, one tablet three times a day.



Guðmundur Danielsson completed his medical studies at the University of Iceland in 1988. Studied general surgery with vascular surgery as a subspecialty in Lund/Malmö Sweden. Research Fellowship at Straub Foundation (Straub Clinic and Hospital) in Honolulu, Hawaii for two years. Reykjavik Venous Center (Bláaustrið) is a venous disease treatment center in Reykjavik.

## Side effects

After the operation, you might experience some numbness or "needles and pins" feelings around the area you have been operated on. Usually this condition very temporary but in some cases, it can last a little longer.

Infections are very rare because the puncture holes that are made are quite small. If you notice any redness, heat or discomfort, please contact us.

Blood clots (thrombosis) are extremely rare after an operation like this. It helps to be active, walk and move around, you reduce the odds of blood clots if doing so. Blood clots symptoms can be a sudden pain in you calf, you feel like it is tight and hot.

Two weeks after the operation you might feel a slight pain where the laser treatment was given. It is usually on the inner side of your thigh or the back of you calf. That is not dangerous at all and it is enough to take in some painkillers.

It is common that people experience swollenness around the holes that disappear in a couple of days. The bruising will disappear within days/weeks as well.

If you feel any symptoms after the operation that you think are unusual or that bother you please contact us.