

Mr William A. Campbell

M.B.B.S., M.Sc, (OXON), F.R.A.C.S. (Vasc)

Vascular and Endovascular Surgeon.

Provider Number: 0043396H

Suite 2, Level 7

32 Erin Street

Richmond 3121

Phone: (03) 9428 8044

Fax: (03) 9428 0644

INSTRUCTIONS TO PATIENTS FOLLOWING ENDOVENOUS THERAPY FOR VARICOSE VEINS.

1. Your bandages and stocking should be worn continuously for the next 48 hours. These can then be removed and you may shower. The stocking should be replaced immediately after showering and it should be left on day and night for the next 5 days. You may take it off to shower during this time.
2. Following the first week, you will have an ultrasound appointment for a follow up scan. This appointment will be on _____ at Melbourne Vascular Diagnostics.
3. After your follow up ultrasound scan you should wear your stocking for the next 3 weeks just during the daytime.
4. You should expect mild to moderate discomfort requiring Panadol or Nurofen but if there is any additional pain that concerns you please notify my rooms.
5. It is normal for some swelling and lumpiness and tenderness to be associated with the treatment process. This is often related to some trapped blood within the treated veins and occasionally this trapped blood will be removed by needle aspiration when you come for your follow up ultrasound visit.
6. You should begin normal activities within the next day and I would like you to go for a walk for 20 – 30 minutes each day. Swimming without the stockings on is acceptable. Avoid any extensive exercise and running until you have been given the go ahead for this at approximately 2 weeks after the treatment.
7. It is better to avoid any prolonged travel that has duration of greater than 4-5 hours for 6 weeks. If you need to travel during this time please discuss the appropriate ways of preventing deep vein thrombosis during this time.