



Dermatology Cosmetic Laser
Assoc. of La Jolla, Inc. (CA)
9339 Genesee Ave Suite 300
San Diego, CA 92121

CTEV

POST-OPERATIVE INSTRUCTIONS

GOING HOME

- The pressure bandages should be left in place for 24 hours, they are designed to decrease swelling and increase the rate of healing.
- You will be seen for a post-op appointment the next day after surgery for removal of the bulky dressings and ACE wrap. We will put in place a graduated compression stocking. The stocking should be worn **24 hours a day for 7 days**. The stocking is then worn during the day and left off at night and when bathing for an additional 1 to 3 weeks, as recommended by your physician.
- Your physical activity after surgery will be determined by how your legs feel. In general, you will be able to walk, sit, drive a car, and resume normal physical activity.
- In the early days after surgery, your legs may tire. If they do, sit down and elevate your legs above the level of your heart if possible. Do not elevate your legs if your feet go numb. Your post op appointment will be scheduled the day after surgery.
- Walking is highly recommended after surgery. The more you walk the better your circulation will be. Avoid heavy lifting and vigorous activity such as jogging, bicycling or aerobics for 7 to 10 days following surgery.
- Bleeding is uncommon after the procedure but if you do experience bleeding at the surgical site, please call our office.

DISCOMFORT & BRUISING

- The soreness is worst about 24 hours after surgery and then improves daily.
- For relief of soreness and inflammation, take Tylenol 500 mg (extra-strength) 1-2 pills every 4 hours while awake for the first 48 hours AFTER surgery.
- DO NOT TAKE ASPIRIN or IBUPROFEN or any other NSAIDs medications that contain aspirin for 3-5 days after surgery as this may promote bleeding.
- Do not take alcohol for 72 hours because it may increase bleeding.
- Bruising is normal and can last 1-2 weeks. It will follow the pathway of the removed veins and become more apparent 2 to 3 days after surgery. Lumps may also be present where veins were removed. These are quite normal and will go away in a few weeks.

BATHING

- After your post-op appointment, you may **shower with your compression stocking on**. You may cover with plastic wrap to help reduce water on the stocking. Dry thoroughly after bathing (towel dry and use a hair dryer on the warm/cool setting to completely dry the stocking). This will decrease the chances of developing a wound infection.
- DO NOT submerge in water until the incisions have healed completely (about 1 week)

ADDT'L INSTRUCTIONS/NOTES

After Hours Answering Service: 858-657-1002

Dr. _____ Email/Cell# _____