



# Vanderbilt Vein Clinic

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## Surgery Instructions

Dr. \_\_\_\_\_ has scheduled your surgery

Date/time: \_\_\_\_\_ .

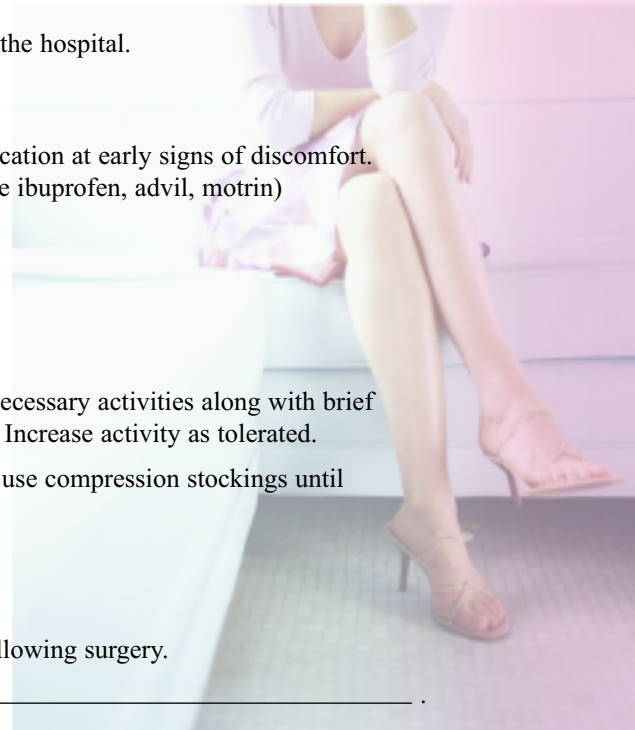
Please arrive in the admitting office, first floor hospital lobby at \_\_\_\_\_ .  
Valet parking is available at the main hospital entrance or self-park in the main garage. You will be contacted by the Vascular Surgery office before surgery to confirm times and appointments. Your anesthesiologist will meet with you on the day of surgery unless you were evaluated before surgery at Vanderbilt Preoperative Evaluation Clinic (VPEC). 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 your 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 instruction regarding these medications from your surgeon. You may take other routine medication 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 lens, please remove and use eye glasses.
- 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, motrin) for 1 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. Rewrap with ace or use compression stockings until your post-operative visit.
- 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 \_\_\_\_\_ .



**Please call (615) 322-2343 if you have urgent or emergent concerns after surgery.**