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## **Bandaging Instructions for Varicose Veins (Post-Op Care)**

The sole purpose of bandaging is to prevent swelling. Once the legs are swollen they are more difficult to manage.

The normal period for bandaging is 7 days. 2 days in the post operative bandages and 5 days in the light weight bandages. If this interval is to be varied the surgeon or nurse will instruct.

For the first 2 days after surgery wear your post operative bandage from toes to knee, or mid-thigh, depending on discharge instructions.

- They should remain applied for 24 hours a day for the first 2 days.
- You can shower with the leg or legs in garbage bags. If the bandages get wet they will dry quickly if left on the leg.
- Do not stand without bandages for the first 2 days.
- When not walking elevate the legs.
- There is no limit to the amount of exercise or walking.
- You may drive a car the day after surgery.
- No harm will occur on standing for a time but the legs will be less comfortable.

2 days after your procedure/surgery the bandages and dressings will be removed and a single layer bandage applied. The new bandage can be removed at night.

Thereafter reapply the bandages every morning after showering and remove again the next evening.

*NB: Bandages can be washed at night, according to instructions on the label. They will dry overnight if left to hang on the towel rail.*

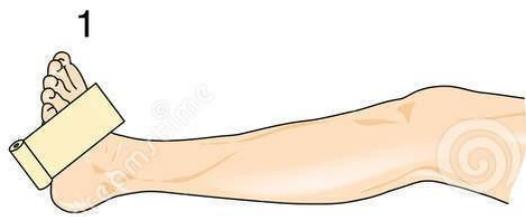
It is normal to experience:

- Lumps at the groin incisions and leg puncture sites.
- Swelling and bruising around the toes.

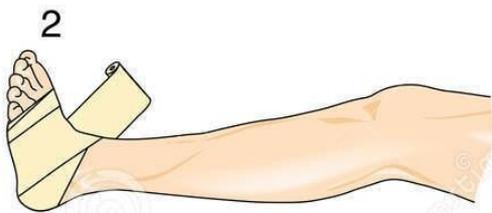
**Please report any of the following to the rooms:**

- **Pain not controlled by simple analgesia.**
- **Severe swelling.**
- **Discomfort that prevents sleep.**

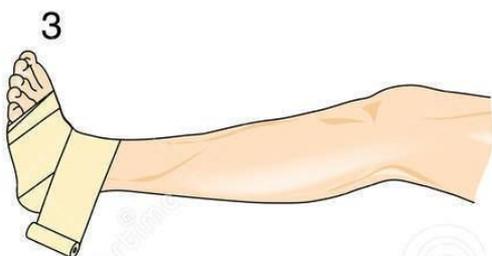
## How to bandage a leg:



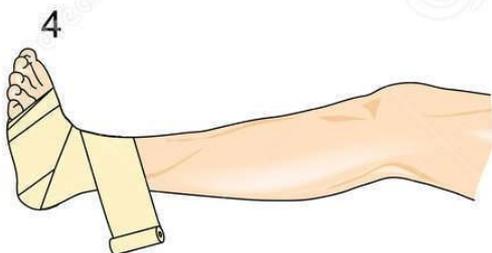
Commence with 1 turn at the base of the toes using a 12cm bandage.



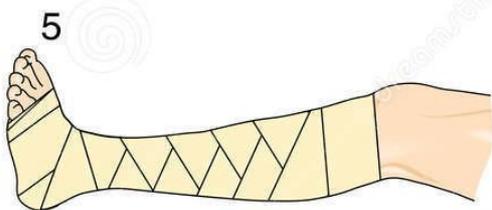
Turn the bandage around the base of the foot until firm and over then wrap under the heel.



Turn once under the heel like a stirrup, catching the heel with this turn.



Turn once around the back of the ankle.



Wrap the remainder of the bandage up the leg in a criss-cross style. Finish with 2 firm turns at the top.

\*Remember, the bandage should feel firm but should be comfortable enough to allow you to take a nap. It should feel the most firm at the ankle and the least firm at the knee.