

	Day of Surgery	Day 1	Day 2 SHOWER!	Day 3	Day 4	Day 5	Day 6	Day 7
Day/Date								
morning	1 hour before procedure	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	Take off steri-strips in shower
mid morning	use lidocaine cream and wrap leg in saran wrap	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	
noon	Eat breakfast and/or lunch	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	Follow-up Visit Today
mid afternoon	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	
night	10-20 min walk Sleep in stocking *(see below)	10-20 min walk Sleep in stocking	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	10-20 min walk	
stockings	Wear stocking all day AND night	Wear stocking all day AND night	Wear stocking all day <i>(can wear at night if needed)</i>	Wear stocking all day <i>(can wear at night if needed)</i>	Wear stocking all day <i>(can wear at night if needed)</i>	Wear stocking all day <i>(can wear at night if needed)</i>	Wear stocking all day <i>(can wear at night if needed)</i>	Wear hose daily for 1 more week
exercise	No hot tubs, swimming, massages, hot yoga or jogging Ideal exercise is 4-6 walks daily approximately 10-20 min each time Stationary biking and walking are best							Return to normal exercise gradually
pain/leg care (see pain control on post instructions)	*BEFORE BED Pull stocking down and remove tan wrap and gauze but keep steri-strips on pull stocking back up	You may still have some bleeding, use gauze under the hose.	Let soap and water run over legs in shower. Don't scrub any incision sites. NO TUB BATH YET			Today may be more painful	Today may be more painful	