Dear patience,

If you hold this bulletin in your hands, you already made the operation! Congratulations!
Please take you time to recover and follow the following advices:

1. Your surgeon is always there for you by calling: +49-176-24321971.

2. There might emerge circulation problems in the following days of operation! We will prepare you and your Guidant how to behave if this happens. Lay up your legs and stand up nice and slow. Allow your Guidant to support you while walking.

3. It is normal, if secretion flow occurs a few days after operation. On the day of operation, bloody colored flushing liquid can "storm out" of your legs. Don't panic!

4. At home you got to move "almost" as normal as before. Go for a walk, climb up stairs prevents thrombosis. In breaks, please lay up your legs if your body lasts for it. The next days, endure your walks, go by bike or do a bit of weightlifting for your legs with little weights.

5. You will get **painkillers** in the first 24 hours after the operation, but only if we told you so and you cannot stay the pain. The actual pain treatment will take place with cold packs. You have to take the **antibiotics** 2 times a day during a meal till no secretion comes out of the wounds anymore. Give yourself or get a **subcutaneous injection against risk of thrombosis** daily for 1 week.

6. The operation-bodice and the pampering have to be worn for two days. Before the first lymphatic drainage, the bandage has to be removed, you shower with the panty, lymphatic drainage without bodice, subsequently wear the flat knit compression pants. Wear the panty only at night.

7. Should the operation-bandage, or the bodice pressure to much: take it off and call me! Do not take painkillers!

8. Important: Do not shave your legs in the first four weeks after the operation!

9. The threads will be removed after one week. 3 days later, you can go for a swim.

10. **By suspicion of an infection, reddening, pain, or fever: consult your doctor immediately** and call me afterwards!

Be happy about your success!