

## POST-PROCEDURE INSTRUCTIONS FOR VEIN ABLATION PATIENTS

1. Your legs have been dressed with gauze pads held in place by cloth tape. Your compression stockings are then placed over the dressing. The bandages and stockings are to remain in place for 48 hours. If ace wrap have been placed over your hose, they may be removed after 12 hours or earlier if you experience ankle swelling or numbness/ tingling in your feet. After 48 hours you should shower and replace the compression stockings which are to be worn until bedtime each day for three (3) weeks. After 3 weeks wear your hose when standing or sitting for long periods. The benefit to wearing your compression stockings will be a reduction in the swelling, bruising and pain. You will also be increasing the chance for lasting result, and will decrease the chance for the risk of deep vein thrombosis (DVT) which is a blood clot in your leg. If you remove the bandages yourself you should expect to find bruising along the vein treated, and the bandages may be wet with fluid. This is a normal occurrence in that some of the numbing medicine injected to protect the surrounding skin and nerves may leak out onto the dressings.
2. You may experience some dizziness and / or sleepiness for several hours after the procedure. Please be advised that you should NOT drive a vehicle, operate heavy machinery, and engage in activities requiring mental alertness or make important medical or legal decision for 24 hours after receiving sedation medication.
3. Following the procedure you may resume your normal diet. You should also resume any prescribed medication that you may have been taking.
4. Immediately following your procedure you will be asked to begin walking for approximately 10-15 minutes prior to your discharge. Normal activity can be resumed immediately, but strenuous exercise can cause the vein to reopen. Please avoid strenuous exercise (gym workouts) hot baths or hot tubs, prolonged sitting or standing for at least 14-21 days following your procedure. Ambulation instructions: 15 minutes every hour per day while awake for 7 days. Walk daily after that. Elevate your leg(s) when sitting for next 14-21 days for at least 30 minutes a day. Toe flexion when sitting will help with circulation and is always a good idea during and after recovery.
5. Recovery from vein ablation is usually trouble free. It is normal to feel a tightening or pulling sensation and numbness in your legs after a couple of days; however this may persist for up to a few weeks. Your thigh may also be slightly tender to the touch for a few days or weeks. These symptoms are especially common after Phlebectomy (removal of vein). This discomfort can generally be managed with over the counter analgesics. Take Tylenol or prescription pain medications you were given for the first 24 hours. After those 24 hours you may take Motrin or Advil. (You may substitute Aleve, Celebrex, Naprosyn or any NSAID if you are already taking these for another condition). If taken for one week after following the procedure these medications can reduce the inflammation and pain significantly.
6. As with any invasive procedure problems may develop. If you develop a sudden fever (more than 101.5 F) or have worsening or severe leg pain/ swelling please call our office immediately. Also, call your treating physician if you experience any of the following: Prolonged tenderness, redness, or warmth along the treated areas; moderate to severe pain preventing return to normal activities; shortness of breath; swelling of the treated leg.
7. Confirm follow up leg(s) ultrasound 3-7 days post procedure and 8 week follow up appointment with our office.