



Vein Specialists

Endovenous Thermal Ablation Post-op Instructions

We hope that we have met all of your expectations today with your procedure. The following is provided to answer the most common questions after this procedure.

- You should wear your compression stocking for 48 hours continuously. If you bleed through your dressing, apply gauze and an ace wrap **on top** of the area and elevate your legs for 30 minutes. This should stop most bleeding. If for some reason you have to remove it, please replace it with your compression stocking as soon as possible and wear that for the remainder of the 48 hours.
- After 48 hours, remove your stockings/wrap and shower. You should continue to wear the stockings during the day until you are seen by the doctor in approximately 4 weeks.
- You should be scheduled for a brief follow-up ultrasound 3-4 days after your procedure. It is important that you keep this appointment. You will not see the doctor on this day but he will see the result of your ultrasound.
- Contact the office if any of the following occur:
 - swelling of the entire leg
 - shortness of breath
 - fever
 - redness
 - swelling
 - or drainage from the small incision

- You may walk as much as you like. Avoid running, jogging and high impact aerobics for **2** weeks.
- You should continue your normal daily activities as much as possible. Periods of rest and leg elevation should be interspersed into your normal routine for the first week.
- Pain can be treated with over-the-counter medications such as ibuprofen (Motrin/Advil) 400-600mg every 6 hours or acetaminophen (Tylenol) 650-1000mg every 6 hours. If your pain is not controlled with these, we should be made aware of that and will probably want to see you in the office.
- A tightening or pulling sensation may be experienced in the thigh region. You may feel a firm cord-like area along the vein that was treated. Often this pulling sensation is worse after 3-5 days than it is initially after the procedure. This is normal and should subside after 7-10 days.
- The small steri-strip at the insertion site for the laser can be removed in 7-10 days. There will be a small scar there that will fade with-in 3-12 months. Cover this with sunscreen during the summer months to avoid burning the area, which could make it more evident.
- Veins below the area that was treated may begin to decrease in size within a week or two. Sometimes larger veins below and branch veins may persist. These will be evaluated and discussed at your follow-up visit with the doctor.
- Your follow-up visit will be in approximately 4 weeks. At that time the success of the treatment will be evaluated and the need for further treatments will be discussed. Please bring any questions you may have to that appointment

We strive to exceed your expectations at Novant Health Vein Specialists. We hope your satisfaction with our expertise and service will lead to word-of-mouth referrals for your friends and family. If you

have any questions, comments, or problems please let us know.