



Vein Ablation Discharge Instructions

1. Following the procedure we encourage frequent walking with periods of resting and elevation of the legs. We want you to walk as much as possible and avoid prolonged periods of sitting or standing. Walking is important as it helps to prevent blood clots and speeds healing.
2. After 48 hours you can slowly progress back to routine activity. You should avoid heavy lifting (more than 20 lbs- your young child is okay to lift), running, straining, or other vigorous activities for at least two weeks following the procedure. After this time you may slowly return to vigorous activity.
3. Compression bandages or stockings should be worn for at least 48 hours after the procedure this includes night and day usage. After 48 hours the gauze bandages and stocking may be removed to shower. However, the compression stocking should be worn for 7 days following the procedure, however, only day time use of the compression hose is required. It is important to wear the stocking to help with healing. Steri-strips need to be left in place until your follow-up visit at 1 week. If the stocking is too tight around your foot, avoid drying the stocking in the dryer. You may also stretch the stocking at the foot.
4. Ice packs applied over the area treated may help to relieve discomfort for the first 48 hours following the procedure. **Apply ice for 20 minutes at a time 3-4 times a day for the first 2 days. This will help to decrease pain, swelling, and bruising. After the first 2 days you may apply moist heat for 20 minutes at least 3-4 times per day. This will help with healing.**
5. You will need to be seen in the office 1 week following the procedure and then at one month and six months. Please schedule your one week follow-up appointment at time of the procedure. **THESE APPOINTMENTS ARE VERY IMPORTANT AND ARE NOT INCLUDED IN THE PRICE OF THE PROCEDURE. ADDITIONAL FEES FOR THE OFFICE VISITS AND ULTRASOUNDS WILL APPLY TO THESE APPOINTMENTS.** Please schedule your follow up appointment at the time of the procedure.
6. **You should consistently take an anti-inflammatory, ex. Ibuprofen (Motrin, Advil) 800 mg 3 times a day, OR naproxen (Aleve, anaprox) 500 mg 2 times a day, if tolerated. We recommend that you take this FOR ONE WEEK or as instructed, even when you are not in pain. If you are currently taking coumadin or another blood thinner, we may recommend a different pain medication.** These medications will help with soreness and inflammation. A prescription for a stronger pain medicine can be provided if needed. If using a prescription narcotic pain medication, you should not drive, participate in hazardous activities, or make important decisions. You should also abstain from alcohol.
7. Following the procedure, you should watch for signs of infection, which include redness, elevated temperature, or discharge from the incision site. It is normal for the incision and injection sites to weep fluid for the first few days as well as have associated “lumpiness” this will resolve in 3-4 weeks.
8. You may notice a cord or tugging sensation while you are healing. This is normal and can last up to 2 weeks or longer. You may apply heat for 20 minutes 3-4 times per day to help with this sensation. Stretching may also help to lessen this sensation.
9. Call the Intermountain Vein Center at 379-6700 for any additional concerns.