

## Vein Ablation Discharge Instructions

1. Following the procedure, we encourage frequent walking with periods of resting and elevation of the legs. Walking as much as possible and avoiding prolonged periods of sitting or standing is important, as it helps to prevent blood clots and speeds healing.
2. After 48 hours, you may 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 one week following the procedure. After 1 week, you may slowly return to vigorous activity.
3. Compression stockings should be worn for at least 48 hours, day and night. After 48 hours, the gauze bandages and stockings may be removed to shower, however the compression stocking should then be worn, **during the day**, for an additional 5 days. Do not soak your incisions (hot tub, swimming, bathing, etc.) for 7 days. It is important to wear the stockings to help with healing. Steri-strips should be left in place until your follow-up visit, however, after a week, you may remove them if they begin to come off on their own. If 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 treated area 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 3-4 times per day. This will help with healing.**
5. You will need to be seen in the office 1-2 weeks following the procedure, and possibly at one month. Please schedule your 1-2 week follow-up appointment at the time of the procedure. **THESE APPOINTMENTS ARE VERY IMPORTANT. WE CHECK TO VERIFY CLOSURE OF THE VEIN AND MAKE SURE THERE ARE NO POST-PROCEDURE COMPLICATIONS. THESE FOLLOW UPS ARE NOT INCLUDED IN THE PRICE OF THE PROCEDURE. ADDITIONAL FEES FOR THE OFFICE VISITS AND ULTRASOUNDS WILL APPLY TO THESE APPOINTMENTS.**
6. **You should consistently take an anti-inflammatory, ex. Ibuprofen (Motrin, Advil) 800 mg 3 times a day (this equals 4 over the counter, 200 mg tablets), 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 medication can be provided if needed. If using a prescription narcotic pain medication, you should not drive, participate in hazardous activities, make important decisions or drink alcohol.
7. Pain and significant bruising is normal 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. If traveling within 2 weeks of the procedure, limit sitting to 2 hours at a time. Get up and walk around and wear compression stockings.
10. Call IVC at 379-6700 for any additional concerns.