

## **Vein Ablation Discharge Instructions**

### **CARE OF YOUR INCISION SITE**

- Leave compression bandages on for 48 hours after the procedure.
- Compression stocking should be worn for an additional 5 days (not at night) following the first 48 hours. It is important to wear the stocking to help with healing.
- The incisions should be kept dry for 48 hours.
- No soaking incisions (hot tub, swimming, bathing etc.) for 10 days.
- Leave steri-strips in place until they fall off. This will reduce scarring.

### **ACTIVITY**

- Walk frequently with periods of resting and elevation of the legs.
- Avoid prolonged periods of sitting or standing to reduce the risk of blood clots and speeds up healing.
- After 48 hours, you may slowly progress back to routine activity.
- Avoid heavy lifting (more than 20 lbs. - your young child is okay to lift), running, straining, or other vigorous activities for at least 1 week following the procedure.
- Limit sitting to 2 hours at a time if traveling within 2 weeks of your procedure and wear compression stockings.

### **HOME CARE FOLLOWING THE PROCEDURE**

- Lumps around the incision are normal and will typically resolve in a few months.
- A cord or tugging sensation is normal and can last up to 2 weeks or longer.
- Apply ice packs over the treated area for 20 minutes at a time, 3-4 times a day for the first two days.
- After the first 2 days, you may apply heat for 20 minutes, 3-4 times per day. This will help with healing.
- If tolerated, it is recommended to take an anti-inflammatory (i.e., Ibuprofen 800 mg 3 times a day OR naproxen 500 mg 2 times a day) for one week. If you take Coumadin or another blood thinner, we may recommend a different medication.

### **CALL US IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING**

- Fever
- Bleeding
- Redness or warmth to the touch at incision site
- Discharge from incision site
- Persistent pain not managed by anti-inflammatories
- Any questions or concerns about your condition.

### **FOLLOW UP CARE**

- Follow up appointments are very important. We check to verify closure of the vein and make sure there are no post-procedure complications.

Call IVC at 801.379.6700 for any additional concerns. We are available 24 hours a day.