

## INSTRUCTIONS FOLLOWING VEIN ABLATION *(In Office Procedure)*

- Everyone's pain tolerance is different. You will be sore and your legs will ache for 2-3 days following your surgery. Each day will get better, thereafter (*i.e. improvement starting on day 3*). Your leg may also swell – this is normal. Elevate your leg higher than your heart, and you can take Tylenol or Motrin, as prescribed for pain. **Do NOT take aspirin for 48 hours after the procedure.** You may also experience tenderness and a “tightening” or “ropey” sensation in your leg after your procedure. These symptoms may last from a few days up to 2 weeks. Your thigh might also be tender and bruise.
- After the procedure, your leg will be wrapped in either a tight elastic wrap or your previously prescribed Thigh-high compression stocking.
  - Do **NOT** get the wrap or stocking wet.
    - a) For those with the tight elastic **wrap**, it needs to stay on for **48 hours**. After 48 hours, you are allowed to briefly remove the wrap in order to shower (**do NOT rub over the puncture sites**) and apply band-aids to the puncture sites, if necessary. Then put on your previously prescribed compression stocking to the affected leg(s). Leave the compression stocking on until your follow-up appointment (*usually Monday or Tuesday*). If you find the stocking unbearable to wear, it may be removed for up to **1 hour per day**.
    - b) For those with the **compression stocking**, it needs to stay on continually (while awake & sleeping) until your follow-up appointment (*usually Monday or Tuesday*). If you find the stocking unbearable to wear, it may be removed for up to **1 hour per day**.
- When removing your dressings for the first time, you may notice some oozing from the injection/incision sites. This is normal. If any incision site starts to bleed hold constant, firm pressure for 10 minutes and elevate the leg above your heart.
- For the first **72 hours** after the procedure, we ask that you resume non-strenuous normal activity. Please avoid activities such as gym workouts (*walking on a treadmill or using an elliptical in moderation is acceptable*), excessive squatting, horseback riding, or activities that would cause you to hold your breath and bear down. Also avoid hot tubs and baths. You may engage in normal strenuous activities, including workouts, **7 days** after your procedure.
- **DO NOT** go home after the procedure and spend the weekend on the couch. You need to move around to keep your circulation going. It is recommended to change the type of activity you engage in every couple of hours. If you have been sitting for a few hours get up and walk around, and vice versa. Walking frequently can help reduce leg symptoms, such as soreness.
- The compression stocking will need to be worn for **2 weeks**, both day and night. It can be removed 1 time per day, for approximately **1 hour**, to shower. If the stocking is extremely uncomfortable at night and is preventing you from sleeping you can be removed – only at night – after the first 72 hours. We

recommend wearing the compression stockings for as long as possible (*weeks, months... forever*) to help with leg symptoms (bruising, swelling, pain) and visible varicose veins, as well as help to prevent future varicose veins.

- If you have severe or worsening leg pain or swelling, increasing redness around the incision or red streaking, drainage, or fever above 101°F, call the office early in the morning.
  - Your incision site(s) will be red and *may* drain.
    - Do **NOT** soak healing incision site(s) – i.e. a bath, hot tub, swimming pool
    - Clear to light pink/red drainage is normal a few days after surgery
      - You may apply loose dressings to stop any drainage from soiling clothing.

The office is open for phone calls from 8-5 pm Monday-Thursday, Friday 8-4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.