

Post Procedure Instructions for Venous ablation and Phlebectomy.

- The local anesthesia will last for approximately one hour or more after the procedure is over.
- Moderate discomfort may be present. You can decrease the likelihood of discomfort if you take an anti-inflammatory medication, such as **Ibuprofen 600 mg three times a day for five days. Please take the Ibuprofen whether you have pain or not.** You have also been given a prescription for a mild narcotic pain reliever. Please reserve this for “breakthrough” pain.
- You will be asked to walk at the office for a few minutes before leaving. If it is necessary for you to travel for an hour or more, please stop and walk around for 10 minutes. This activity will help dissipate any discomfort you may have, maintain good circulation, and empty your leg veins with the muscular activity that walking creates.
- After your procedure, you will have a bandage on your leg and your compression hose these should remain in place for 48hrs. **If your bandage starts to slip down before the 48hrs remove your bandage, and reapply the compression hose to complete the 48hr period.**
- A protective shower bag will be given to you so you may shower. Use this for **ONE WEEK** to keep the white strip dressings (Steristrips) over the incisions dry. (If blood leaks through the bandage, rest with your leg elevated for one hour and then monitor for any further bleeding.)
- After the first 48hrs you can remove the bandage but continue to wear your compression hose for three weeks following the procedure during the day; it’s not necessary to sleep in them.
- We expect you to resume most of your pre-procedure activities including work the next day.
- Try to walk for twenty minutes three times per day for the first week.
- Avoid strenuous exercise such as aerobics, weight training, bicycling or running for two weeks. Avoid lifting more than 20 pounds for two weeks.
- Avoid prolonged standing for the first week and elevate your leg(s) at least three times a day for 5-10 minutes. If you will be sitting for long periods of time, try to elevate your leg as well.
- You may experience some discomfort along the ablated vein on or around day 7. This can be normal. Contact us if you’re concerned.
- **No airline flights for three weeks after any Vein Procedure.**
- **No car rides longer than 1 hour after any Vein Procedure.**
- We will see you in 7 - 10 days to check your leg. Four - six weeks after your procedure, we will examine your leg again and complete a follow-up ultrasound.
- If you experience sun exposure, sunscreen usage of SPF 35 or higher is recommended until your treatment has been completed.

If you notice anything unusual that has not been discussed with you, or is not on the instruction sheet, please call us at anytime, 703-698-4475. If no answer, please call 1 866 802 3081 to reach the Interventional Doctor on call.

Patient’s Signature: _____ **Date:** _____

Witness Signature: _____ **Date:** _____