

# Post Treatment Instructions

(Endovenus Ablation)



- Wear loose fitting, comfortable clothing on the day of your procedure.** When you are home, we ask that you complete three separate 20 minutes walks during the day of the procedure and 1-2 walks a day for the following week. It is normal to notice a small amount of fluid drainage on the gauze following the procedure (in the initial 24 hours). Your leg may also feel "tight" and some bruising and discomfort is expected for 7-14 days afterwards.
- After each treatment: Wear the wraps on your leg overnight on the first night. You can take the wrap off in the morning.** If your leg is in discomfort, please loosen the wrap a little. The doctor tends to wrap people tightly and that can cause some discomfort. If you notice your ankle, feet, and toes starting to swell, that could be from the numbing medication. Loosen the wrap on your leg, and elevate your leg. This happens about 10% of the time and can happen for a few days.
- The day after treatment: Wear compression socks/stockings.** We will only require you to wear stockings (or the wraps we give you) on the leg we treat. Please wear your compression stocking overnight and then during the day for at least 3 days following the procedure.
- Most patients can drive themselves home after treatment.** Some patients (in more intense occupations) find it helpful to take a day or two off work. Please limit exercise to walking for 5-7 days following the vein treatment. Normal exercise can be resumed typically after 5-7 days.
- VIP Shower/Bath Info:** You will be able to shower the morning following your procedure. Prior to the shower, remove the overlying gauze and bandage and shower normally. When you take the gauze off watch for any bleeding from the treatment site. If bleeding occurs, hold pressure for about 2 minutes to stop the bleeding and place a bandage over the treatment site. *Please refrain from hot tubs/swimming or soaking the leg for 5 days following the procedure.*
- Please avoid scraping/removing scab/shaving at the treatment access site(s).**
- We recommend you take Motrin/Advil (ibuprofen 200mg- take three tablets every eight hours with food) OR Aleve (naproxen 225mg-take two tablets every 12 hours with food) at home to relieve any inflammation and pain you might have.** We encourage you to use one of these medications on a daily basis for 1 to 2 weeks after your last treatment. Please let the doctor or his team know if you are already taking a prescription anti-inflammatory like Celebrex or Mobic. Although unusual (<2% of patients), you may require an additional narcotic medication. If you are already on a pain medication, an additional pain medication (as suggested above) may not be required.
- Please take your medications as prescribed by your other physicians.** Please let the doctor know if you take aspirin products or if you are on blood thinning medication (i.e. Plavix or Coumadin). You do not need to stop taking your medication, we just need to know. If pain medication is needed before the procedure, please take only Tylenol. Typically it is ok if you have taken Aspirin or any other prescribed blood thinning medication.

***You will be scheduled for an appointment approximately 1 week and 6 weeks after the conclusion of your procedures. A follow-up ultrasound will be performed at each visit to verify successful closure and check for any issues. These ultrasounds are very important and cannot be missed.***

I acknowledge receipt of these instructions and understand that my 1 week and 6 week ultrasounds are part of my treatment plan.

Print Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Sign Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Team Member Initial: \_\_\_\_\_