



Post Care Instructions for Venous Ablation

Patient Name: _____

Follow-Up Appointment with Ultrasound: _____

After your procedure

- Resume normal activities. The day of your procedure walk at least 5 minutes every hour until you go to bed that evening.
- Compression stockings must be applied to your leg following the procedure and must be worn during the day. These stockings will **NOT** be applied in the office, this will be something you do when you get home. Remove them at bedtime.
- It is ok to remove compression stockings to take a shower. **You must wear compression for 2 weeks.** If you cannot tolerate compression stockings you will need to re-wrap treated leg with ace wraps. Compression stockings get the best results and are available at several locations and Amazon. Be sure to have these ready prior to your ablation day.
- Avoid soaking in swimming pools, ocean water, hot tubs, spas, and sun tanning for 1 week.
- It is normal to experience tenderness or soreness in your leg and some mild bruising.
- A tethering pulling or numbing sensation is common and will go away over time.
- **Take 1-2 tablets of over the counter (OTC) pain relievers such as Aleve (Naproxen) or Advil (Ibuprofen/Motrin) regardless of pain twice a day. If you cannot tolerate NSAIDS you can take Tylenol/Acetaminophen twice a day for the first 2 days.**
- Do not place your compression stockings over the Ace wraps
- Leave steri-strips on the incision site until they fall off naturally.

Call immediately if you experience any of the following

- Prolonged (over one- week post op) tenderness, redness, or warmth along the treated site
- Moderate to severe pain preventing return to normal activities
- Shortness of breath or chest pain
- Increased swelling or bleeding in the treated leg

Please come to your follow up appointment **without wearing ace wrap/compression stockings. **

If you have any questions or concerns, please do not hesitate to call our office at 281-803-8482 op 2. Thank You!