

Important Instructions after your Vein Procedure

Activity after your procedure

- Ambulate frequently and do not remain immobile for extended periods of time. **At a minimum walk 2-3 times every day (15 minutes each).**
- **First 48 hours** while bandage is still on, **elevate your leg for 30 minutes, at a minimum of 3-4 times per day** when you are not ambulating. Long hours of standing early on may lead to swelling and discomfort, elevating the leg will reduce this from occurring. Over the next few days, progress back to normal routine activities.
- Aerobic activity and other forms of exercise (such as walking, running, Zumba, Pilates, etc.), **may be resumed in 4-5 days after your procedure or sooner** depending on how you feel.

Dressing care after your procedure

- **First 48 hours, leave the bandage and stocking in place** and keep dry. If the bandage seems too tight elevate the leg to decrease any swelling. If it continues to be uncomfortable call your provider.
- **After 48 hours, remove the bandage/stocking and showering is allowed.**
- **For 1-2 weeks, wear your prescribed compression stockings daily.** Place them on as soon as you wake up and only remove them at bedtime.
- **For 2 weeks, do not submerge the treated leg into water** including NO baths, swimming pools, spas, or hot tubs.

What to expect after your procedure?

- **Bruising and discomfort are to be expected** and will resolve over the next 4-6 weeks.
- **For discomfort:**
 - You may take a **non-aspirin analgesic**, such as ibuprofen 600 mg every 8 hours, or acetaminophen 650 mg - 1000 mg every 8 hours as directed **if not contraindicated**. You may continue such medication for 5-7 days after your procedure to decrease the inflammation needed.
 - Apply **cold packs** over the stocking for 15 minutes 3-4 times a day. This helps with discomfort, swelling and bruising.
- You may see several "**lumps**" which may or may not be tender. Do not be concerned as this occurs in 1 out of 3 patients after the procedure. They are segments of residual veins with superficial clots that are not dangerous and will resolve as time goes on. **Massage and apply cold or warm compresses** to these areas 3-4 times a day. **Continue to take ibuprofen as directed for 1-2 weeks if they are tender.**
- There are no stitches, the small skin openings will heal over the next 2 weeks. Occasionally you may notice a piece of "string" hanging near your incision site. This is residual tissue and there is no need to be concerned. Notify your provider when you come in for your post procedure visit and we will take care of this.
- If you experience **oozing/bleeding through your bandages, apply pressure** with gauze using 2 fingers **and lie down with your leg elevated**. Reinforce your bandages if necessary. This will almost always stop the bleeding. **If the bleeding continues call your vascular surgeon or the ambulance at 911.**
- For significant bleeding, fever, signs of infection, severe pain, severe leg swelling, or concerns contact your provider.

Post-Operative Visit

- Be sure to have your **1-week post-operative visit with your ultrasound appointment.**
 - To change your appointment call (631) 638-1670.

Traveling Instructions

- **Wait until after your post-op visit with your ultrasound** before flying or traveling long distances (greater than 2 hours) unless cleared to travel sooner by your provider. You will be cleared by your provider at your post op visit.

**For questions and concerns, please call the Vein Center at
631-638-1670 or 631-444-8346 (VEIN).**