

Post Vein Ablation Discharge Instructions

Do not remove the white stockings for at least 2 days. Place a plastic bag over it while in the shower. If it gets wet, then blow dry it with a hair dryer. It is normal to see some blood staining on the stocking. It is the anesthetic fluid that was placed during the procedure. **Must remove the dressing immediately if you feel pain or numbness in the thigh, leg or foot.** After removing the white stocking wear your compression hose for at least 4 weeks. Can remove at night. Expect to have mild pain, bruising, cramping and swelling for the first day or two. An ice pack may be placed directly over the wound to reduce swelling.

- Ibuprofen (Advil, Motrin) 400 mg will be given immediately after procedure if not allergic. You will be instructed to *take 1-2 tablets every 4-6 hours for 24 hours* then one every 4-6 as needed for pain.
- You will be expected to walk immediately after receiving these instructions for 20 minutes before getting into your car.
- Normal activity can be resumes immediately; avoid standing and strenuous exercise such as high impact aerobics, running or weight lifting for 2 weeks.
- Avoid hot baths or hot tubs for at least 1 week. Heat dilates blood vessels and may be counterproductive.
- Avoid sun while in treatment. If you must be in the sun, use sunscreen (at least SPF 30) on your legs for the next 2-3 months to avoid a darkening of the skin where you have been treated.
- Walking is good for venous pressure in your legs. It is important that you do not stand or sit with your legs dependent for long periods of time. Make an effort to keep your legs elevated whenever you are not actually walking.
- Resume normal diet and medications.
- Follow up Ultrasound scan at the hospital on: _____
- Follow up Ultrasound scan prior to the Dr. Appointment: _____
- Follow up visit: _____

Recovery from a vein ablation is usually trouble-free. It is normal for the treated area to be tender and bruised for 2-3 weeks. You will feel tightness or "pulling" sensation 4-7 days after treatment which is normal and expected. This may last 2-3 weeks. As with any invasive procedure, problems can develop. If you develop a fever of 100 degrees F or greater, severe or worsening pain/swelling or develop drainage, please notify our office at 402.844.8242. For emergencies, go to the ER nearest to you. Dr. Moreno is on staff at Faith Regional Health Services, however you may go to the ER of your choice.