



VARICOSE TO PERFECT

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ENDOVENOUS ABLATION POST-OPERATIVE INSTRUCTIONS

- ✓ Arrange for someone to take you home, because you will be taking Valium for your procedure.
- ✓ Use ice packs, **over your bandages and hose, to all treated areas.** Apply at least 15-20 minutes every hour until bedtime and then again the next day to help decrease pain, swelling, and bruising. **If you notice bleeding coming through the hose, (other than small amounts), lie down and apply pressure to that area for 15 minutes. Call the doctor if it persists.**
- ✓ You will be wearing compression hose for 3 weeks after **each and every procedure and/or injection session. One of the most important parts of your treatment success is the post-treatment compression (support hose).** For the first 48 hours: ____/____, you will wear 2 pairs of compression hose during the day. **Sleep in one pair only, for the first 2 nights:** ____/____. Approximately 24 hrs after your procedure you may remove the hose and dressings and shower. Then reapply your 2 pair of hose (unless you are going directly to bed). Slight oozing of blood and fluid at the site where the catheter was inserted is normal. You may place a bandage, panty liner or other absorbent material over the area, underneath your hose, as needed. After the first 48 hours of double hose, continue wearing one pair of compression hose during **waking hours**, from morning until bedtime, for the remaining 3 weeks from the date of your procedure.
- ✓ Please limit yourself to showers only, for the 1st week after the procedure. Please do not take any baths, soak in hot tubs, swim in pools or lakes, etc. until the small open area at the catheter insertion site is closed and dry.
- ✓ Exercise/activity after the procedure is as follows: **At a minimum, you must walk at least 30 minutes total each day for at least 3 weeks.** Those use to regular exercise, should progress back to normal activities over the next few days. No hard aerobics, heavy weight lifting, horseback riding or softball, etc. for at least 2 weeks. Remember to wear your hose while exercising as well!
- ✓ We will prescribe 10-day supply of Ibuprofen (Advil/Motrin), that you begin taking the night before your procedures. If you need any additional medication for discomfort, restlessness or sleep during this time, you may also take Tylenol or Tylenol PM. Please call us if this does not adequately reduce your discomfort. Please do not take any additional anti-inflammatory medications such as Advil, Motrin or Ibuprofen, or any aspirin during this 10 day period. If you normally use anti-inflammatory medicines, you may resume taking them after you have completed your prescription.
- ✓ Please schedule your next appointment before you leave the office. Call us with any questions or concerns you may have in the meantime. Bring 2 pairs of support hose with you to all follow-up appointments. Wear loose clothing, slacks, or shorts.

Patient: _____

Date: _____

Nurse: _____

Date: _____