



Endovenous Ablation Post-Procedure Instructions

Activity Post-Procedure:

Ambulate frequently following the procedure; do not remain sedentary for extended periods of time. This will help decrease the risk of blood clots and help improve blood flow in your leg. At a minimum walk 2-3 times (15 minutes each) on the first op day then every day thereafter.

During the **first 48 hours** while the bandage is still on, elevate your leg preferably 90 degrees, a minimum of 3-4 hour times when you are not walking around for thirty minutes. Long hours of standing early on lead to swelling and discomfort, elevating the leg will reduce such things from occurring.

Over the next few days, progress back to normal/regular activities gradually and as tolerated.

Aerobic activity and other forms of exercise (such as walking/running, Zumba, Yoga, Pilates, etc....) may be resumed as soon as **seven (7) days after** the procedure if you feel comfortable doing so.

Post-Procedure Dressing Care:

For the first 48 hours, you should keep the bandage and stocking in place and kept dry. If the bandage seems too tight, elevate the leg to decrease any swelling. If it continues to be uncomfortable, call your physician.

After 48 hours, remove the bandage/stocking and you may shower.

Wear your prescribed **compression stockings daily for two (2) weeks**, removing only at bedtime.

For 2 weeks, do not submerge the treated leg into the water- **NO** baths, swimming pool, jacuzzi, etc. Showers are allowed.

Post-procedure discomfort or concerns:

- ✚ Bruising and some discomfort are normal after the procedures and will resolve over the next 3-4 weeks. Please notify your physician for moderate discomfort or discomfort that persists beyond four (4) weeks.
- ✚ For discomfort, you may take any NSAID (e.g. **Motrin 600 mg**) every eight (8) hours. Please discuss with your doctor prior to taking Motrin or other NSAID if you take Aspirin, Plavix, Coumadin, Xarelto, Eliquis, or Pradaxa or if you have history of gastrointestinal bleeding. Continue Motrin or NSAID, if required, for 5-7 days' post-procedure to decrease the inflammation. If you are unsure about OTC medications or other drug interactions, ask your physician.
- ✚ There are no stitches, the small skin openings will heal over the next two (2) weeks.
- ✚ You may notice several “**lumps**” after the procedure. These may or may not be tender. Do not be concerned as this occurs in up to 1/3 of patients after the procedure. They are segments of residual veins with superficial blood clots that are not dangerous and will resolve spontaneously. **Massage (gently) and apply warm compresses** to these areas several times a day. If they are tender continue taking Motrin for 1-2 weeks and contact your physician for any persistent pain or swelling.
- ✚ If you experience oozing/**bleeding** through your bandages, apply pressure with gauze using two (2) fingers and lie down with your **legs elevated**. Reinforce your bandaging if necessary. This will usually stop the bleeding. **If the bleeding continues, call your physician immediately or go to the nearest emergency room.**
- ✚ **For significant bleeding, fever, signs of infection or any concerns contact your physician at (877) 430-7337 and go to the nearest emergency room.**

Post-Procedure Travel:

- Wait **one (1) week** before flying or traveling long distances (greater than 2 hours), unless cleared to travel sooner by your physician.
- Follow-up after your procedure in 48 hours for a post procedure ultrasound and physician evaluation.
- **For any additional questions or concerns, please call your physician at (877) 430-7337 for additional instructions.**