

POST VENOUS PROCEDURE INSTRUCTIONS

1. Compression stockings should be worn over night, throughout the next day until the next evening. The stockings may be removed along with any bandages that were applied at that time. Steri-strips should remain on for approximately one week unless they fall off on their own. Should you have problems, discomfort or feel numbness in your foot or toes, please contact our office immediately. You will be encouraged to continue wearing your stockings for another 2 weeks. The benefit of compliance will be a reduction in bruising, swelling and pain. They really do help!
2. An ultra sound will be scheduled with in two weeks post-procedure.
3. Normal activity can be resumed immediately, and is encouraged. You should walk for at least 30 minutes daily, with frequent rest periods. Avoid sitting or standing still for long periods of time. Walking even short distances promotes good circulation. Hot bath, hot tubs, and vigorous activities such as gym workouts or jogging, however, should be avoided for at least 7 days to prevent re-opening the vein.
4. Recovery from the procedure is usually trouble-free. It is normal to feel a 'tightening' or 'ropey' sensation in your leg after a couple of days. These symptoms may last from a few days up to two weeks. Your thigh may also be slightly tender to the touch for a few days, bruising is also very common. Aleve 2 tablets twice daily, or Motrin 400-800mg 3 times daily may be started the day after the procedure for up to 7 days, but please avoid aspirin-based products unless otherwise recommended or prescribed. Tylenol 500-1000mg 3 times daily may also be added to Motrin or Aleve as needed.

As with any invasive procedures, problems can develop. If you develop an acute fever (more than 100F or 38C), severe or worsening pain or swelling, please call our office or the exchange at (314) 849-0923, or toll free at (877) 849-0923