

Vein Ablation Post-Procedure Instructions

Next few days

Avoid strenuous activity/exercise for the remainder of today. Walking today is encouraged; several 10 or 15-minute walks per day are ideal. You may experience a wet sensation beneath your bandage. This usually is local anesthesia fluid leaking out of small needle holes; it is not generally a sign of bleeding. Expect variable degrees of bruising, redness, tenderness, numbness of the skin upon removing your bandage; these will gradually resolve over time.

Stockings / Shower

Your compression wrap and/or stocking will feel tight but is important. If the top of your wrap slips or rolls down, reinforce with an ace bandage, or remove entirely and put on a compression garment. Remove the wrap 24-36 hours after your procedure as directed. Shower (not bathe) if desired and apply your stocking. This stocking should be worn daily for 1 week after the procedure, from morning until evening (this time frame will vary based on your condition). Hot tub baths, sauna or hot tub should be avoided for 2 weeks. Paper tapes or Steri-Strips over any small incisions can be allowed to fall off; if there is drainage in these areas, a small gauze or Band-Aid may be applied.

Pain Control

Post-procedure bruising, mild pain, tightness and tenderness are expected. For discomfort take Tylenol, Ibuprofen, naproxen (Advil, Motrin, Aleve, etc.) as needed. Walking and leg elevation can often help decrease discomfort.

Activity

You may resume normal activity the day of your procedure, including return to work if heavy lifting and high impact exercise are not required. Heavy work and lifting may be resumed after your follow up ultrasound. High-impact exercise such as running, or aerobics may be resumed in 3 -5 days. Automobile and air travel for greater than 2.0 hours should be avoided for 2 weeks.

Complications

If you should develop severe pain, severe leg swelling, severe redness, high fever, chest pain or shortness of breath you should call the office expediently or report to a nearby hospital emergency department.

Follow up

You will be scheduled for a follow up ultrasound within the next several days. This will ensure that no significant blood clots have developed after your procedure (*a very uncommon occurrence*). You will be notified if there is any finding on your ultrasound that requires further attention or treatment.

Your post-procedure follow-up visit will be scheduled 4 -6 weeks from the procedure date.

Follow-up ultrasound: Date: _____ Time: _____ Location: _____

Follow-up office visit: Date: _____ Time: _____ Location: _____

Please contact us through our office with further questions as necessary
413-347-4767

Dr. Basile's Cell for after hours urgent concerns: 413-770-6539