

Summit Health Vein Center

Post-Procedure Patient Instructions: Endovenous Ablation

Your follow-up ultrasound examination is scheduled for _____. For best results, please ensure to follow the instructions below.

1. After your procedure, your leg will be wrapped tightly with a bandage. Remove all bandages in two (2) days, shower, and immediately apply the thigh-high compression stocking over the treated leg.
2. The compression stocking must be worn for 4 weeks following your procedure. Apply stocking in the morning upon waking every day and wear it all day. Remove before bedtime. You do not need to sleep in your compression stocking.
3. You may resume driving as usual the day of your procedure, unless you took anxiety medication.
4. Avoid standing or sitting for prolonged periods of time-no more than two (2) hours.
5. Walk as much as possible: aim for 30 minutes of walking at least three (3) times per day.
6. You may maintain normal activities. However, avoid intense aerobic activity, heavy lifting, or strenuous physical exercise for two (2) weeks following your procedure or until cleared.
7. Avoid excessive water exposure (soaking or bathing) to the treated leg (shower with soap and water are allowed).
8. Avoid sun exposure such as sunbathing or tanning, and avoid air travel for a minimum of (7) days.
9. Unless instructed differently you may resume taking oral anticoagulants the following day from procedure.
10. Unless instructed differently, take 600 mg of ibuprofen (Motrin, Aleve or Advil) every 6 hours for 3-5 days, even if you do not have any pain. This is to decrease inflammation in the treated area and expedite healing process.
11. Treated areas may experience redness, bruising, swelling, tenderness, aching, or slight pain. This is expected and temporary and will resolve. You may take 2 extra-strength Tylenol gelcaps in addition to ibuprofen as needed to relieve any discomfort.
12. You may also experience a pulling sensation similar to a pulled muscle. This is due to your treated vein shrinking, it is expected and temporary and should resolve itself.
13. Rarely and temporarily treated areas may experience brownish staining in color and will fade over 3 months to a year.

Please do not hesitate to call our office at _____ if you have any additional questions or concerns.