

## **Post-Procedure Instructions**

- 1) After the procedure, you will have a dressing placed on your leg. Do not get this dressing wet. Please take sponge baths during this time. You may take your dressing off after 36 hours and take a warm shower. If there are Steri-strips on your leg they will remain in place.
- 2) After the shower, you will need to place your full length stocking on the treated leg. Until you return to your first office visit after the procedure, we would ask that you try to wear the stocking day and night if possible, removing them only to shower. For the next 2 weeks after this first visit, we would ask that you try to wear the stocking at all times during the **day time only** - you may remove them at night and to shower. If it feels better to wear the stockings at night during this time you may do so, but it is not necessary.
- 3) After the dressing is removed, you may apply lotions as desired.
- 4) You will be asked to walk at the office for a few minutes before leaving. If it is necessary for you to travel a long distance home, please stop and walk around for 5-10 minutes each hour. This muscular activity will help maintain good circulation and empty your leg veins, lessening the possibility of developing a blood clot.
- 5) A common issue is the presence of hardness or lumpiness over certain areas. This is entirely normal and will fade over time. This may take 2-3 weeks in some patients and 2-3 months in others. Do not be alarmed, it is always a temporary problem that is usually improved by wearing stockings for an additional amount of time.
- 6) Avoid swimming and strenuous exercise such as high impact aerobics, weight training, or running for 1-2 weeks. Walking daily is encouraged and promotes speedy healing. We recommend walking for at least 15-20 minutes, two to three times a day for the first two weeks.
- 7) Avoid prolonged standing for the first week and elevate your leg for 5-10 minutes periodically throughout the day.
- 8) We expect you to resume all your pre-procedure activities, including work. We would like you to continue to keep moving and maintain a normal level of activity. You may want to limit your activities during the first 2 days while the heavy wrap is on. This can lessen the bruising and prevent blisters from forming.
- 9) Due to the dressing, some swelling of the foot may be present. If this becomes a nuisance you may wrap the foot with an Ace bandage. If the wraps are too tight a "pins and needles" sensation will develop that does not abate with elevation. If this occurs, you may remove the dressing. If numbness develops, please remove the dressing. If the symptoms improve, leave the wraps off and place the stocking on your leg. If these symptoms do not improve, please call the office.
- 10) You should expect to see some mild bruising along the treatment site as the vein disappears; this will gradually fade over the ensuing weeks. You may also feel some tenderness, tingling, itching or tightness in your treated leg for a few weeks. These are all normal and are best managed by the compression stocking and the prescribed pain medication. A small number of patients with thinner legs may get some blisters on the leg, which can be treated at the office at your 1week follow-up. If you experience significant pain (not easily managed by these measures), contact our office promptly.

- 11) In the unlikely event that you notice blood through the dressing, do not become alarmed. This is a minor problem that is easily controlled, as it mostly represents the large volume of local anesthesia placed in the leg mixed with a small amount of blood. First, elevate your leg. Keeping the leg elevated, apply some extra pressure over the area by applying another ace wrap over the area, if you have one. Elevation and compression are the most important things. It is quite common to see some staining through the dressing. So long as it is not enlarging, and is smaller than the palm of your hand, there is no cause for concern. This is quite normal. It is unlikely that you will need to go to the emergency room for this problem. If bleeding continues or bandages become soaked through, call the office for further instructions.

**Please take note:**

1. After the wraps and dressings are removed, you may notice some swelling, bruising and hardness. This will typically resolve on its own. Do not be alarmed.
2. Please resume all previous medications. If you are on Coumadin, please resume your specific dosing schedule immediately.
3. Avoid excessive exposure to the sun during the next two weeks, but if you do, please wear sunscreen (at least SPF 30) on your treated leg.
4. Refrain from swimming in heated pools, whirlpools, saunas or taking a hot bath for at least 2 weeks following the procedure. You may shower and clean your treated leg with warm water.
5. Arnica cream/gel may help limit the bruising and inflammation. This can be applied one time the night prior to the procedure and daily thereafter, but is not essential.

**Follow-up:**

1. We would like to see you in our office within 3-5 days of the procedure. If this was not scheduled yet, please call our office to make an appointment. A follow-up ultrasound will be performed at this time.
2. Additional venous scans will be performed at 1 month. These scans are vital to assess for blood clots as well as allowing for maintenance ultrasound –guided injection sclerotherapy in order to prevent recurrences.

Thank you again for choosing the Ponte Vedra Vein Institute. If you have any additional questions or concerns, please contact the office at 904-280-0600. Please leave a message and he will return your call promptly.