

Endovenous Ablation or Ambulatory Phlebectomy Post Procedure Instructions

Expect to be at the office for about 2 hours. The actual procedure takes about 1 hour but it takes additional time for checking in, prepping, and bandaging.

Activity post-procedure

- Ambulate frequently **following the procedure**; do not remain immobilized 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 post op day then every day following.
- During the **first 48 hours** while the bandage is still on, elevate your leg a minimum of 3-4 times when you are not walking around. Long hours of standing early on may 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.
- Aerobic activity and other forms of exercise (such as walking/running, Zumba, Yoga, Pilates, etc...) may be resumed as soon as **4 - 5 days after** the procedure as long as you feel comfortable doing so.

Post-procedure dressing care

- **For the first 48 hours** you will have to keep the bandage and stocking in place and keep 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 2 weeks**, removing only at bedtime.
- **For 2 weeks**, do not submerge the treated leg into 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.
- For discomfort, you may take any NSAID (ex. **Motrin 600mg**) every 8 hours. Continue Motrin for 5-7 days post-procedure to decrease the inflammation.
- There are no stitches, the small skin openings will heal over the next 2 weeks. Occasionally you may notice a piece of "string" hanging near the incision, this is residual tissue and there is no need to be concerned. Notify your doctor when you come in for your post-procedure visit and they will take care of this.
- You may notice several "**lumps**" after the procedure. These may or may not be tender. Do not be concerned as this occurs in 1/3 of patients after the procedure. They are segments of residual veins with superficial clots that are not dangerous and will resolve. **Massage and apply warm compresses** to these areas several times a day. If they are tender continue taking Motrin for 1-2 weeks.
- If you experience oozing/**bleeding** through your bandages, **apply pressure** with gauze using 2 fingers and lie down with your **legs elevated**. This will stop the bleeding almost always. **If there continues to be bleeding call your physician or the ambulance.**
- **For significant bleeding, fevers, signs of infection or any concerns contact your physician or go to the nearest emergency room.**

Post-procedure travel

- Wait **1 week** before flying or travelling long distances (> 2 hours), unless cleared to travel sooner by your physician.

Follow-up after your procedure

- Be sure to have your **1 week post-procedure visit** scheduled with your physician and a follow up ultrasound. If any changes need to be made call (800) 345-VEIN or (631) 444-VEIN.

