



Discharge Instructions

1. Ace wraps and steri-strips (type of adhesive) will be applied to the treated area, as well as compression stockings and secured with an ace wrap for added support. It is recommended to keep both the compression stockings and ace wrap on for a continuous 48 hours post procedure.
 - i. **Adjust the ace wrap if feel it is too tight or not tight enough during the 1st 48 hours due to intermittent swelling and to keep the area as comfortable as possible since this will vary from patient to patient.**
2. We advise walking 10 minutes every hour while awake during the day. Walking helps with blood flow and can benefit the healing process.
3. Showering is allowed 48 hours after the procedure. Avoid scrubbing over the incisions, using chemicals (like alcohol), or cream on or near the incisions. Mild soap is ok for use.
4. There may be a small amount of blood or pink discharge from the incisions. This is normal for the first couple of days. If you should develop a fever, red streaking going up the treated leg, have a significant increase in pain, or drainage that looks like pus from any of the incisions, call the office where your procedures were performed.
5. Wear your prescribed compression stockings daily for 2 weeks or more, removing only at bedtime. Wearing compression stockings will assist with potential discomfort and the healing process.
6. Wearing your compression stockings long term will help to prevent other varicose veins from developing

Activity post-procedure

- Walk 10 minutes every hour while awake during the day. Walking helps with blood flow and can benefit the healing process.
- Aerobic activity and other forms of exercise including running, Zumba, Yoga, Pilates, and cross fit may be resumed as soon as 2-3 days after the procedure as long as you feel comfortable doing so.
- Avoid saunas for 5 days after procedure
- Avoid direct sun exposure and/or tanning to prevent skin discoloration for at least 14 days.
- Do not submerge the treated leg in water – No baths, swimming pool, or Jacuzzi for 2 weeks. Showers are allowed.
- No prolonged travel (Greater than 2 hours) or airplane travel unless cleared by the medical provider for one week.

Follow-up after your procedure

- It is important to schedule a follow up ultrasound within 72 hours of the procedure.
- A 1 month ultrasound follow-up will be scheduled when the last vein has been treated

Follow up care is important to ensure all procedures are successful and each patient is progressing with treatment. If at any time symptoms persist or concerns arise please call our office.

Complications:

Normal

- Bruising, tenderness, site is tender to the touch or even hard, to have a small area of numbness and a rubber-like pulling sensation around the treated site

Cause for Concern

- Severe pain
- Fever over 100.5
- Continued bleeding
- Significant swelling
- Drainage from site more than 3 days after procedure
- Shortness of breath
- Chest pain
- For discomfort, you may take any NSAID (ex. Motrin, Ibuprofen) every 8 hours.
- There are no stitches, the small skin openings will close over the next 2 weeks

If you experience oozing/bleeding through your bandages in the first day or two, apply pressure with gauze using 2 fingers and lie down with your legs elevated. Reinforce your bandaging if necessary. This will almost always stop the bleeding. If bleeding continues or there is significant bleeding, fevers, signs of infection or any concerns contact our office or go to the nearest emergency room.

Complications associated with this procedure are very rare, but the following have been reported:

- thrombophlebitis
- deep venous thrombosis (DVT)
- endovenous heat induced thrombus (EHIT)
- allergic reactions
- wound infections