

Venous Ablation Post-Procedure Instructions

- Return to normal activities however refrain from any strenuous activities or heavy lifting until follow up appointment with physician
- Ambulate at frequent intervals, at least 30 minutes daily
- Do not sit or stand for long periods
- Wear compression bandage for 48-72 hours. You may cover it with a plastic bag/cling wrap before shower. Follow by compression stockings for at least 2-4 weeks
- If the compression bandage becomes painful or very tight at any particular spot, cut a small slit in the bandage to loosen it or unwrap and re-wrap it. The bandage should not be digging into the skin
- Following the ablation procedure, you may notice clear or pink tinted clear liquid seeping from you puncture site through the bandage; this is rare however it is not cause for concern. Please call the office if you notice a significant amount of red blood. Tenderness and Pulling Sensation in certain areas are normal, post procedure
- No swimming pools, hot tubs, lakes, or ocean until after follow up appointment
- Take analgesics (Tylenol) as needed per physician's orders
- Return for follow-up scheduled ultrasound (2nd Floor) and site check with Doctor (1st Floor), as scheduled.