

## POST ABLATION INSTRUCTIONS

- Your leg will be bandaged when you leave. **Bandage can be removed 24 hours after the procedure.**
- Compression **MUST** be applied to your leg for 24 hours following the procedure. Leave the compression bandage on and after the 24 hour time period is complete you may remove the bandage, **BUT YOU MUST** put on a compression stocking.
- Should the compression bandage fall off prior to the 24 hour time period or become wet or saturated, immediately put your compression stocking on in its place.
- If you have steri-strips over the insertion site, please leave them on for at least 5-7 days unless they fall off on their own.
- After the 24 hour compression bandage is removed, you will wear compression stockings **DAILY FOR 2 WEEKS**, but may remove them at night or for a shower.
- No showers or bathing for 24 hours after the procedure.
- No swimming, hot tubs, or baths for **one week** after the procedure, but you can shower 24 hours post procedure and for the following week.
- **Walking is prescribed post-procedure treatment for your leg EVERY HOUR FOR 5-10 MINUTES until bedtime.** (Walking speeds the recovery process, keeps your leg from becoming stiff, and reduces the potential of developing blood clots).
- Avoid sitting or standing still for prolonged periods of time (usually no more than 30 minutes).
- Do not plan any long car/bus rides for at least 72 hours after your ablation.
- Do not plan an airplane trip for at least **one week** after your ablation.
- **DO NOT** participate in strenuous exercise or lifting more than 20lbs for 48 hours post procedure.
- You may experience some tenderness or soreness in your leg after the procedure and even for a few weeks afterward, this is completely normal. Should this occur please take ibuprofen or acetaminophen to help alleviate the discomfort.
- If any unusual pain occurs after the procedure call the office immediately.
- You will come back to the office within 48 to 72 hours for a post procedure follow-up ultrasound.

If you have any questions or concerns, please do not hesitate to call the office.