

POST VEIN REMOVAL INSTRUCTIONS

Stockings:

- You must wear the stockings for 2 days with the dressing continuously.
- You should NOT BATHE FOR THE FIRST 48 HOURS, only sponge bath or shower with the site covered with a bag.
- After 2 days, slide the stocking down and remove the dressing. Pull up the stocking and shower with the stockings on and dry it using a hair dryer. You must continue to wear the stocking for 2 more days.
PLEASE TAKE CAUTION WHEN GETTING IN AND OUT OF THE SHOWER, STEP WITH THE LEG THAT HAS NO STOCKING FIRST AS THE IT MAY BE SLIPPERY
- Alternatively, you may keep the dressing and stocking on for 4 days continuously and take off everything on day 5. (No showers with dressing on)

Puncture Sites:

When you remove the dressing after 2 days, you may see old blood on the leg or dressing.

Ice Pack:

Apply ice pack directly over the dressing to reduce swelling, bruising and pain, particularly for the first few days.

Medications:

Take your anti-inflammatory (ibuprofen we ordered, or may use Tylenol, Advil or Aleve) for the first 7 days, 2 times a day with meals. You may take ibuprofen every 4-6 hours if you continue to have pain. You may take one Tramadol (Ultram) every 6-8 hours if the pain is not relieved with Ibuprofen, however, this is a narcotic and should be used sparingly.

IMPORTANT: you should not drive, work with machinery or a stove/oven while taking any narcotic pain medications.

Activity:

Following the procedure, routine activity is expected. Walking is actually good for venous pressure in your legs. However, it is very important that you **do not stand still or sit with your legs not moving for more than 2 hours.**

THINGS TO KEEP IN MIND:

- Avoid the sun while bruised. If you must be in the sun, use sunscreen (at least SPF 30) on your legs and cover the bruised areas, if not, the bruising may last for months.
- Avoid hot tub baths (regular showers are allowed)
- Avoid lifting over 30 lbs and jumping or running.
- Avoid sports like tennis, volleyball or football for 2 weeks.

IF THERE IS ANY FEVER, SEVERE PAIN NOT RESPONDING TO MEDICATION, BLEEDING, BLUE COLOR OF FOOT OR SWELLING GREATER THAN 1 ½ TIMES NORMAL SIZE, CALL US AT 386-304-3404 BETWEEN 9-5 Mon-Fri.

AFTER HOURS: CALL DR. SINGIREDDY at 386-453-4887 on his cell.

IF YOU EXPERIENCE SHORTNESS OF BREATH OR CHEST PAIN, REPORT TO THE NEAREST EMERGENCY ROOM.