Patient Instructions: What to Expect After Outpatient Vein Procedures

How to prepare for the Procedure

1. Take your usual medications.
2. Please remind the staff and the doctor if you are on **blood thinners**.
3. Shower as usual before the procedure, but don’t apply any lotions on the legs.
4. Continue your usual diet and **hydrate well** before the procedure.
5. Wear Comfortable and loose clothing and **bring a loose athletic shorts** to wear during the procedure.

Our procedures are performed in the office in a comfortable setting in a clean and sterile environment and usually takes about an hour and done under local anesthesia. No sedation or general anesthesia is used allowing you to return to normal activities with minor restrictions.

After the procedure, you may be asked to spend 15-30 minutes in the waiting room. You are **encouraged to walk post procedure**.

**Wound Care/ Dressing**: **Next day please remove the ace wrap** and gauze and shower without scrubbing. If there are any wound strips(steristrips) or band-aids leave them in place till they fall off in a few days or a week or so.

**Loosen the ace wrap anytime if it feels too tight or there is color changes or numbness in the foot or toes**

In rare occasions, **bleeding** through the bandages may occur. If this happens, lie down, elevate your leg, and apply direct pressure until the bleeding has stopped. If the bleeding persists, please call your physician

**Compression Stockings**: You should wear the compression stockings when the ace wrap has been removed as per the instructions provided. They aid in reducing swelling and improving blood circulation.

 **Activity**: Keep active and walking is recommended. When lying down try to keep your legs elevated. Avoid long periods of standing or sitting.

Avoid strenuous activities for at least one week. No heavy lifting greater than 20lbs.

**Work**: Depending on your job, especially if it requires strenuous activities, you may need to take some time off. It is advisable to discuss this with your doctor.

**Driving**: You are usually able to drive but may need someone to take you home depending on the degree of discomfort in the leg.

**Flying**: Avoid long flights for at least 2weeks post-surgery. Baby Aspirin can prevent clots if taken prior to the trip and continued for 7 days.

**Medications**: Continue any medications previously prescribed by your doctor unless advised otherwise.

For pain relief if needed: **Ibuprofen 400mg every 6 hours as needed or Tylenol 500mg every 12 hours.**

**Diet**: Maintain a balanced diet and stay hydrated. Minimize your salt intake as excessive salt can lead to swelling.

Your postoperative recovery is crucial for the success of your procedure. Please follow these simple guidelines

What can I expect in the days following vein treatment?

 You may experience some tenderness and possibly some bruising along the areas where local anesthesia was administered and will resolve with warm compresses and ibuprofen 400mg every 6 hours as needed.

**Superficial thrombophlebitis or tender knots**: Localized areas of inflammation can be common after varicose vein treatment. You may feel hardened, tender knots in the areas of treatment and can feel tender and warm to the touch. To relieve discomfort and promote healing, we recommend applying a **warm, moist compress** a few times a day and performing gentle massage. It can be aspirated with a needle for immediate relief if not better.

**Bruising and Swelling**: are common and should gradually improve over the following weeks.

Skin discoloration: occurs as a result of Blood pigments that stain the overlying skin. As healing occurs these spots will lighten over weeks and months.

**Follow-up**: Please attend your scheduled follow-up appointment in 3-7days. This is important to monitor your progress and address any concerns you may have.

**Contact your healthcare provider immediately if** you experience severe pain that is not relieved by medication, increasing redness, swelling, or discharge at the incision site, or if you develop a fever, chills, or signs of infection, chest pain, shortness of breath or abnormal sensation. Call 911 in case of an emergency.

The healing process varies from person to person. You will gradually see improvements in your symptoms and the appearance of the treated veins over several weeks. A follow up will be arranged in a few months after procedure.

If there are any residual symptoms and veins, they will be addressed at that time and may require additional treatment or sclerotherapy.

Your well-being is our top priority, and we are here to support you throughout your recovery. If you have any questions or concerns, please do not hesitate to contact your healthcare provider.