

## Postoperative Instructions

You will have a compression hose in place when you leave the office. Sleep in this hose for the first two days and you may remove the hose after the second day, and shower. Then wear it for the next ten days, removing it at bedtime.

You will have a small 4x4 dressing at the insertion site with Steri-Strips in place. You may remove the 4x4 at your first shower; leave the Steri-Strip in place. The Steri-Strips will begin to come loose after 5-7 days, at which time you can remove them.

You may have some discomfort following surgery. We will prescribe a prescription for pain medicine to be used as needed, and an anti-inflammatory to be taken as ordered for ten days. **If you are having extreme discomfort or bleeding notify the office immediately.**

We would like you to continue to keep moving and maintain a normal level of activity. Walking twice daily for 20 minutes is encouraged and promotes speedy healing. Several days after the procedure you may get some inflammation on the inner aspect of you thigh. This inflammation is part of the process and to be expected. Walking and taking your anti-inflammatory medication as prescribed will help to alleviate the discomfort. Avoid prolonged sitting or standing in the same place for the first week and elevate your legs at least 3 times a day for 5-10 minutes.

We expect you to be able to resume all your pre-procedure activities (including work) the following day, if necessary. Some patients find it helpful to take a day or two off from work.

Avoid strenuous exercise such as aerobics, weight training, or running for 2 weeks. We will recheck you in the office in 2 weeks with an ultrasound exam.

Postoperative medications:

Pain medicine as needed: \_\_\_\_\_  
\_\_\_\_\_

Again, feel free to call the office if you have any questions at 727-712-3233.

***Thank you for choosing West Florida Vein Center to provide your surgical care.***



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