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Endovenous Ablation Information Sheet

1. Immediately after the procedure, your treated leg will be wrapped in a tight bandage. The bandage needs to be tight to compress the treated vein. The bandage must stay clean and dry. Do not shower with the bandage on. Small amounts of pink colored oozing are normal. If you see any bleeding on your bandage you should apply pressure and elevate your leg for 15-20 minutes. Do not remove your bandage if this occurs. You may return to work the next day, as long as you can work with the bandage in place. In 2 days you will come back to the office to have your bandage removed. At that time you will purchase compression stockings that you will wear for 2 weeks following the procedure.
2. The doctor will prescribe an anti-inflammatory (Ibuprofen) that you will need to take for 10 days. **Take the Ibuprofen even if you do not have pain.** In 5-7 days you may feel a pulling sensation in the thigh or the entire leg. This is your vein shrinking and is part of the healing process. It is very important that you do not stop taking the Ibuprofen until your prescription is finished.
3. **You must walk at least 10-15 minutes every hour, the more the better!** However, avoid standing or sitting for prolonged periods of time. Elevate your legs when you are not walking. When you go to sleep you do not have to worry about elevating your legs or getting up to walk. Avoid aerobics, heavy leg lifting or strenuous activity for 2 weeks.
4. **Wear the compression stockings for 2 weeks** following your procedure. After healing, you may use them for long trips, prolonged standing, or when your legs ache. **Please stay out of the sun** until you are completely healed to avoid staining. Allow you leg 1 month to recuperate.
5. You may experience some hard areas where your bulging varicose veins were removed. This is normal and your body will absorb these hard areas.
6. Follow any additional instructions and appointments as indicated by the physician.

Please call our office for any additional information or questions you may have regarding your procedure at 239-261-2312.

Patient Signature

Nurse Signature

Date

Patient Name (print)