

Patient Instructions Following Vein Closure

Patient Name: _____ Date of Birth: _____

Contacting the Practice

- We ask that you do not hesitate to contact us for any question, day or night.
- After hours you may reach a Surgeon Directly by calling and pressing zero.
- Contact Numbers:
 - o Annapolis 410-268-5347
 - o Columbia 410-964-8346
 - o Towson 410-964-8346
 - o Chevy Chase 301-654-8346
 - o Toll Free 877-7MD-VEIN (877-763-8346)

What to Expect

- You may notice bruising and some aching along the treatment pathway. You may also note some aching or pulling in the groin or on the leg below the treatment zone. The above symptoms may first be noted several weeks after the treatment.
- You may notice some clear or pinkish fluid that emerges from the anesthetic sites for the first day or two following treatment. This is normal and will resolve by 48 hours from treatment.
- You may notice a dime size or quarter size drop of blood below the clear bandage. If the bandage separates from the skin, you may remove it; elevate the leg, hold direct pressure for two minutes, then place a standard band-aid over the site.
- For treatment of veins along the inner calf you may notice some numb areas along the treatment path or below a few days after the treatment. This is caused by inflammation in the region. The numbness usually resolves in 4-6 weeks and may be accompanied by a “pins and needles” sensation.
- Please call us for – swelling of the leg, fever, difficulty walking, any significant drainage other than what is described above, or for any question, at any time.

Medications

- If needed for discomfort, we recommend over the counter Tylenol per label instruction. If Tylenol is inadequate then you may use ibuprofen, Advil, Motrin, or Aleve per label instructions if you would otherwise be allowed to take these anti-inflammatory medications. If you take pain medication for other conditions you may use this medication instead of the above, unless specifically instructed by your surgeon.
- **Unless specifically instructed by your surgeon**, you may resume your prescription medications as usual. You may use baby aspirin as part of your normal regimen. If you must take anti-inflammatory medication, for arthritis, for example, then please do not increase from your regular dosage. If you suffer from migraines you may use whatever you normally do should you have a migraine headache.

Diet and Activity

- You may resume normal diet following the procedure. You may drink alcohol in moderation following the procedure.

- You may shower the morning following the procedure, but do not submerge (bath or swimming) the legs for five days following treatment.
- We encourage light aerobic activity immediately following the procedure. Examples include walking on a level surface, elliptical machine at low resistance and low incline, recumbent bicycle, regular biking on a level, paved surface, no hills or straining, and swimming is permitted five days following the procedure. Dancing is permitted, but no jumping or impact.
- Avoid intense core exercise (sit ups, crunches, squats, pilates, yoga) for the first week following the treatment.
- If you must sit (i.e., computer work) or stand continuously (i.e., grocery sales associate) for more than 90 minutes we advise a 5-10 minute break to walk and/ or elevate the legs.
- You may engage in intimate activity but avoid pressure on the inner thighs.
- Unrestricted activity may resume after 4 weeks.
- For any other specific questions about activity restrictions, please ask your surgeon.

Travel

- You may travel by car after the procedure. We recommend that you have someone drive you at least for your first procedure. If you will be seated for more than 90 minutes we ask that you take a break and walk for 5-10 minutes. You may not drive for 24 hours after taking Valium or other prescription medication for the treatment, including if applicable, narcotic pain medication.
- We advise no air travel for at least five days following the procedure. You must have a follow up ultrasound scan prior to air travel; this is done within the first few days after treatment per our protocol. If you are a pilot please discuss this with your surgeon.

Compression Stockings

- We advise the use of medical grade graduated venous compression stockings after all vein procedures. We have these available for purchase if you do not have a fresh pair. For treatment of the Greater Saphenous Vein (in the thigh) we advise full length pantyhose, 20-30 mmHg rated compression. For treatment of calf veins you may use thigh high stockings. Calf high stockings are not recommended.
- We instruct you to wear the stockings day and night for 48 hours following the procedure. You may remove the stockings for showering. We advise daytime use for 3 days after the 48 hour period; however your surgeon may have an individualized recommendation based upon your case.
- If you feel numbness in the foot or toes, or pain in the calf or foot with use of the stockings, please discontinue use (remove the stockings) and notify your surgeon.
- We can provide you gloves to assist with donning. See your patient information package from your consult for more information and tips.

Please do not hesitate to call the practice for any questions not addressed on this form.

I have received and read the above instructions:

Patient Signature: _____ *Date:* _____