



POST-ABLATION INSTRUCTIONS

MEDICATIONS

- Take Advil or Motrin, 400 mg, three times a day as needed for pain, for up to two weeks after the procedure is performed.
- Resume all other medication that you were taking prior to procedure unless otherwise specified by your physician.

ACTIVITY LEVEL

- Ambulation instructions: 10 minutes an hour per day while awake for the next 5 days.

WOUND/LEG CARE

- You may shower as needed on the first postoperative day.
- Do not soak your wounds in a bath tub, hot tub, or swimming pool for 1 week.
- Leave the ACE wraps or compression hose on for the next 24 hours following the procedure. After that wear it daily for two weeks (may remove during night time).
- It is normal to experience some tenderness and possibly bruising along the areas where local anesthesia was administered. Use warm compresses for 5 minutes, five times a day over the tenderness area or as otherwise instructed by your doctor.

CALL DR. _____ at _____ IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING OR GO TO THE EMERGENCY ROOM:

- Prolonged tenderness, redness or warmth along the treated segment
- Moderate to severe pain, preventing return to normal activities
- Shortness of breath
- Swelling of the entire leg

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www.CenterForVeinWellness.com

Center for Vein Wellness is a comprehensive vein clinic specializing in the diagnosis and treatment of varicose veins and other venous disorders.