

**Post-Procedure Instructions**

- 1) You will be asked to wait at the office for a few minutes before leaving. If it is necessary for you to travel a long distance home, please stop and walk around for 5-10 minutes each hour. This muscular activity will help maintain good circulation and empty your leg veins, lessening the possibility of developing a blood clot.
- 2) After the procedure, you will have a dressing placed on your leg. Do not get this dressing wet. You may take your dressing off the next morning and take a warm shower unless instructed otherwise. If there are Steri-strips on your leg they will remain in place and you can wash over them with soap and water. **Some blood on the dressing is normal and expected. There may be some minor leakage of pink fluid that represents the residual numbing medicine in the leg.** Do not be alarmed by this, it is entirely normal and will stop in 24 – 36 hours. **Do not remove the steri-strips.**
- 3) After the shower, you may spread the Dermaka over the treated areas and over the steri-strips. Allow the cream to dry for a few minutes. Then place your full length stocking on the treated leg. Until you return to your first office visit after the procedure, we would ask that you try to wear the stocking day and night if possible, removing them only to shower and for short breaks if you need to wash them.
- 4) After the dressing is removed, you should apply the Dermaka cream twice daily to help limit the inflammation. A thin layer applied to the skin two times a day during the week following the procedure may also limit some bruising and hardness over the treated areas. Dermaka should be applied after taking the stocking off, and prior to putting it back on.
- 5) The **most common** issue we hear during the first week after the procedure is that there is some tenderness and or pulling sensation along the inner thigh or knee. Please do not be alarmed by this, as the vein was heated and there will naturally be some inflammation along its course – especially if it runs close to the skin. This is not an infection. The best treatment is to use warm compresses over these areas as needed and continue to wear the compression stockings. These problems are normal and quite common. **The soreness will also respond nicely to Motrin or Advil, which can be combined with the prescription pain killers if you would like.**
- 6) Another common issue is the presence of hardness or lumpiness and some numbness over certain areas. This is entirely normal and will fade over time. This may take 2-3 weeks in some patients and 2-3 months in others. Do not be alarmed, it is always a temporary problem that is usually improved by wearing stockings for an additional amount of time.
- 7) Avoid strenuous exercise such as high impact aerobics, weight training, or strenuous running for 1-2 weeks, light jogging and low impact gym activities are OK. Walking daily is encouraged and promotes speedy healing. Swimming should not be done for the first 2-3 days.
- 8) You may return to all regular activities. Avoid prolonged sitting and/or standing for the first week and elevate your leg for 5-10 minutes periodically throughout the day.
- 9) We expect you to resume all your pre-procedure activities, including work. We would like you to continue to keep moving and maintain a normal level of activity. You may want to limit your activities during the first day while the heavy wrap is on. This can lessen the bruising and prevent blisters from forming.

- 10) Due to the dressing, some swelling of the foot may be present. If this becomes a nuisance you may wrap the foot with an Ace bandage. If the wraps are too tight a "pins and needles" sensation will develop that does not abate with elevation. If this occurs, you may remove the dressing. If numbness develops, please remove the dressing. If the symptoms improve, leave the wraps off and place the stocking on your leg. If these symptoms do not improve, please call the office.
- 11) You should expect to see some mild bruising along the treatment site as the vein disappears; this will gradually fade over the ensuing weeks. **You may also feel some tenderness, tingling, itching or tightness in your treated leg for a few weeks.** These are all quite normal and are best managed by the compression stocking and the prescribed pain medication. A small number of patients with thinner legs may get some blisters on the leg which can be treated at the office at your 1-week follow-up. If you experience significant pain (not easily managed by these measures), contact our office promptly.
- 12) In the unlikely event that you notice blood through the dressing, do not become alarmed. This is a minor problem that is easily controlled, as it mostly represents the large volume of local anesthesia placed in the leg mixed with a small amount of blood. First, elevate your leg. Keeping the leg elevated, apply some extra pressure over the area by applying another ace wrap over the area, if you have one. Elevation and compression are the most important things. It is quite common to see some staining through the dressing. So long as it is not enlarging, and is smaller than the palm of your hand, there is no cause for concern. This is quite normal. It is unlikely that you will need to go to the emergency room for this problem. If bleeding continues or bandages become soaked through, call the office for further instructions.

**Please take note:**

1. After the wraps and dressings are removed, you may notice some swelling, bruising and hardness. This will typically resolve on its own. Do not be alarmed. Some transient numbness may be present over some areas. This will resolve quickly.
2. Please resume all previous medications. If you are on Coumadin, please resume your specific dosing schedule immediately.
3. Avoid excessive exposure to the sun during the next two weeks, but if you do, please wear sunscreen (at least SPF 30) on your treated leg.
4. Refrain from swimming in whirlpools, saunas or taking a hot bath for 2-3 days following the procedure. You may shower and clean your treated leg with warm water. Prolonged exposure to hot water should be avoided if possible.

**Follow-up:**

1. We would like to see you in our office within 3-7 days of the procedure. If this was not scheduled yet, please call our office to make an appointment. A follow-up ultrasound will be performed at this time.
2. An additional venous scan will be performed at your 3-month appointment date. This scan is vital for assessing any blood clots as well as allowing for maintenance ultrasound –guided injection sclerotherapy in order to prevent recurrences.
3. We cannot stress the importance of ultrasound follow-up. These scans are fully covered by insurance and are vital in assessing for deep vein thrombosis as well as preventing recurrences. Failure to have these post-procedure scans will significantly increase the chance that complications will not be discovered in a timely fashion and may lead to higher rates of recurrence of varicose veins and potential life threatening complications.

Thank you again for choosing The North Shore Vein Center. If you have any additional questions or concerns, please contact the office at 516-869-VEIN (8346). If we are not in you can reach the doctor on his cell phone (516-270-7983). Please leave a message and he will return your call promptly.