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Postoperative vein ablation, VenaSeal, and Stab phlebectomy Instructions

1. You should expect some mild pain along the inner thigh and/or the back of your calf, where the vein was treated. This should feel no worse than a large bruise, and should get better every day. Sometimes the onset of these symptoms occur days after the procedure. The following are normal symptoms:
 - Mild pain – This can be treated with Ibuprofen or Tylenol
 - Cramping
 - Bruising lasting 2 to 3 weeks
 - Hardness
 - Discoloration

The following are abnormal symptoms that could indicate DVT or PE. For these symptoms call the office immediately.

- Fever of 100 degrees (38 Celsius) or higher
 - Lightheadedness, dizziness, or fainting
 - Skin that is red and hot to the touch
 - Increasing pain and tenderness in the leg
 - Swelling of the calf or entire leg
 - Bleeding
 - Lump formations
 - Shortness of breath or chest pain or discomfort that worsens with coughing or deep breaths
2. Wear the dressing that was placed by the doctor for at least 24 hours. After 24 hours, you may take off the dressing and shower. You will have a small piece of waterproof tape on the small incision where the catheter was inserted. Leave the tape in place until it falls off on its own.
 3. If you are a VenaSeal patient, compression stockings are not required but may still be worn. For all other procedures - After bathing, apply compression stockings, and continue to wear compression stockings until your follow up visit and for a total of 1 week after your procedure. You may take off the stockings at night. Put them on again in the morning.
 4. It would be best to abstain from intense activity, like weight lifting, for a few days. Walk at least 30 minutes a day. Get up frequently if you work at a sedentary job, and walk as much as you normally do. You may resume all normal daily activities immediately. Avoid hot tubs and hot baths.
 5. You will receive an appointment for a follow up ultrasound no more than a week after your procedure. It is very important that you come to this appointment. The ultrasound is needed to evaluate for the possibility of a deep vein thrombosis, which occurs in a very small percentage of patients (less than 1%). The appointment also gives us a chance to evaluate your progress after surgery.