



### AFTER YOUR PROCEDURE INSTRUCTIONS

It is normal to experience some tenderness and possibly some bruising in the areas where the local anesthesia were administered.

- Walk frequently for the next three (3) days. Walking is good!!
- **Please wear your compression stocking continuously for the next 48 hours.** You may take it off to shower, but you will need to put it back on. After that, please wear the compression stocking for a total of seven (7) days. You may take it off at bedtime.
- You may return to normal activities in one (1) day.
- No heavy exercise and no lifting over 20 lbs for two days after the procedure.
- It is helpful for the first day or two to take something for discomfort. Unless contraindicated, you may take a NSAID such as Ibuprofen, Advil, **or** Motrin for discomfort. If you cannot take any of these medications, you may take over the counter Tylenol ® (acetaminophen) for any discomfort.
- Wait **1 week** before airplane travel. If traveling by car, be sure to stop every 2 hours and walk around for 10-15 minutes. This helps to prevent deep venous blood clots.
- A follow-up duplex ultrasound should be performed within 10-14 days of the procedure.

First follow-up visit: \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m.

**Please call the office at 240-412-0051 or seek medical attention if you experience any of the following:**

- Chest pain.
- Shortness of breath.
- Prolonged tenderness, redness, or warmth along the treated area.
- Moderate to severe pain preventing return to normal activities.
- Swelling of the treated leg in either the thigh or calf.
- Bleeding from the insertion site that cannot be controlled with direct pressure and leg elevation.
- A feeling of heat or tightness in the calf area.

The following are possible side effects that you may experience after your procedure:

- Bruising along the treated vein and/or where the local anesthesia was given. This usually clears within 7 to 10 days.
- Swelling or lumpiness along the treatment area. This is due to the Lidocaine/Saline solution injected and usually clears in several days.
- A “knot” or lump along the treated vein. This will improve in 1 to 2 weeks.
- A “pulling” sensation when stretching the leg out. This may last for up to 2 to 4 weeks after the procedure before it resolves.
- A faint dark line along the course of the treated vein. This rarely occurs, and when it does it usually fades after 3 to 6 months.
- Numbness in the lower calf and ankle area. This rarely occurs, and when it does, it may take up to 6 to 12 months to resolve.