



# *Vein Treatment Institute*

of Bucks County

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## **POST-OPERATIVE INSTRUCTIONS**

### **for OFFICE VARICOSE VEIN PROCEDURES**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

- You had **Radiofrequency Ablation (VNUS Closure)** of your Saphenous Vein.

Avoid very vigorous activities for one week, but otherwise there are no restrictions on activity. Elevate your legs when possible. Ideally, wear a compression stocking (and/or sturdy Ace wrap) for 48 hours continuously (except for showering) and then for 2 weeks during the times when your legs are dependent (standing, sitting, walking). **Schedule office follow-up visit for ultrasound for 3-4 days.**

- There are no major incisions, just a small puncture site. Remove any outer dressing in the morning, and you may then shower. Leave any Steri-Strips in place until follow-up.

- There is a small incision or puncture site closed with a suture. Leave dressings (and Ace wrap if present) in place until the morning **AFTER** tomorrow. You may then shower. Cover the sutures with Band-Aids to keep them from catching on your clothing.

- You had **stripping and/or excisions** of varicose veins.

Leave dressings and Ace wrap in place until the morning **AFTER** tomorrow. You may then remove them and shower. Replace Band-Aids over sutures to keep them from catching on your clothing. Avoid very vigorous activities for one week, but otherwise there are no restrictions on activity. Elevate your legs when possible. Ideally, wear a compression stocking (and/or sturdy Ace wrap) for 48 hours continuously (except for showering) and then for 2 weeks during the times when your legs are dependent (standing, sitting, walking). **Schedule office follow-up visit for 7 - 10 days.**

- You had **injection sclerotherapy**. For best results, wear a compression stocking for 48 hours continuously (except for showering) and then for 2 weeks during the times when your legs are dependent (standing, sitting, walking). Sturdy Ace wraps are an acceptable alternative to stockings.

- You have a dressing (Unna Boot or other) that should be left in place and then changed in the **office or Wound Healing Center** in **7-10 days**.