BOULDER VEINCENTER
goodbye vein, goodbye pain

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VENOUS ABLATION / MICROPHLEBECTOMY DISCHARGE INSTRUCTIONS

- When you get home elevate your leg(s) above your heart for one hour. Do not sit or stand in one position for more than 30 minutes when possible on the day of your procedure.
- **The day after your procedure,** please remove the ace wraps and gauze. You may shower at this time. After your shower you will begin wearing your compression stocking(s). You will wear the compression hose while you are on your feet for 1 week.
- Steri-strips were placed over the incision sites. These will start to peel off independently. As they fall off you may leave them off. You may remove any remaining steri-strips after 1 week if they have not yet fallen off.
- Walk at least 30 minutes a day, every day, including the day of your procedure for at least one week (you may walk more if you would like).
- You may use ice packs to control pain and swelling the day of your procedure. Do not be alarmed if you have some "oozing" from your dressings/ steri strips. If you do have "oozing," apply pressure, elevate your leg and apply ice to the area. You may wish to cover the area with a sanitary napkin or gauze to collect drainage. After the first 24 hours you may use a warm compress over the tender areas of your leg.
- You may use an anti-inflammatory medicine as directed on the bottle provided you do not have any contraindications (i.e. renal failure, peptic ulcer disease, etc.). These include Naprosyn, Advil, Aleve, Ibuprofen or Motrin and should be taken with food. Use the anti-inflammatory for 5-7 days as needed.
- Normal activity can be resumed immediately after the procedure. Refrain from taking hot baths, going in a Jacuzzi, or vigorous activities (i.e. strenuous gym workouts, biking, etc.) for at least one week.
- It is not uncommon to experience discomfort for 1-3 weeks following your procedure, this will gradually subside.
- You may also feel a pulling or tight sensation along the thigh where the laser was placed. This feeling may persist for a few weeks. You may feel lumpy areas under the skin where any microphlebectomy was done. This is normal and will subside over time.
- If you develop a fever, extreme swelling, red streaking, worsening pain, or cloudy drainage with redness near incisions sites, please call our office immediately.

Call our office at 303.449.8346 with any question or concerns.