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## ENDOVENOUS ABLATION — POST-PROCEDURE INSTRUCTIONS

- Wear compression stockings continuously for the first 3 days (you may remove them to shower or bathe). For the next 11 days stockings need to be worn during the day and can be removed at night.
- Bruising, local swelling, some tenderness and a pulling sensation can occur following treatment and will resolve over time.
- A brownish discoloration can develop over the site of the treated vein. In most, this will fade over time.
- You may take Motrin or Advil for discomfort.
- No hot baths or hot tubs for 5 days.
- Avoid sun exposure, including tanning booths, for 4-6 weeks. Apply sun block if sun exposure is anticipated with normal daily activities.
- No airplane rides for 5 days after treatment.
- Walking is important. Try to take at least three 20-minute walks a day.
- Resume normal daily activities, except you should avoid strenuous activities such as high impact aerobics or weightlifting for 5 days.
- You will be given an appointment for a ultrasound 10-14 days after your procedure.
- If you have any signs of infection, progressively enlarging areas of redness or drainage or if you develop new leg swelling, contact our office immediately at (602) 200-9339.