

## **Post-Procedure Vein Ablation Instructions**

- The local anesthesia will last approximately 4–8 hours after your procedure.
- Mild to moderate discomfort, should it occur, may be relieved with Tylenol or Extra-Strength Tylenol.
- Walking for 10 minute intervals every 2 hours will be prescribed and should be started immediately following your procedure.
- Avoid strenuous exercise, including high impact aerobics, lower body weight training and strenuous running/ biking for 4-5 days post-procedure.
- You will, however, be expected to maintain a normal activity level. Movement is encouraged.
- Stockings are worn for 10 days. First two days 24 hours/day then stockings are worn for approximately 8 days just during waking hours. You may shower 4-6 hours after your ablation procedure and reapply the stockings.
- Special instructions/devices to aid in stocking application will be provided.
- Follow-up evaluations are scheduled approximately one week and at 2–3 months. Further evaluations will be discussed at follow-up.

651-765-VEIN (8346)

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