

Saphenous Vein Ablation (Laser or Radiofrequency) Discharge Instructions

What are my care instructions after I leave the hospital?

- You will need someone to drive you home after your procedure and help you at home for the first 1-2 days.
- After your procedure, it is normal to feel discomfort or a pulling sensation in your thigh. We suggest you take an anti-inflammatory medication such as ibuprofen (Motrin®, Advil®) for relief. If this does not give you adequate pain relief, take your prescribed pain medication as directed.
- Take your temperature each morning before eating or drinking and anytime you think you may have a fever.
- Look at your incision sites daily for signs of infection (increasing redness, tenderness, swelling, warmth, yellow or green drainage and/or foul smelling drainage).

How do I take care of my incisions?

- You will have a surgical dressing on your leg up to your groin. Keep this dressing on for 48 hours.
- You may shower 48 hours after your surgery. Follow these steps as you take your first shower:
 - Take your pain medication about 30 minutes before you start getting ready for the shower.
 - Sit down and take off your dressing and dispose of it in a plastic garbage bag.
 - Stay seated and move your leg around for about 5 minutes to get your blood circulating.

- Wash your incision(s) with mild soap and water then pat the skin gently to dry.
- Avoid strong soaps, chemicals (like alcohol) and creams near your incisions.
- Keep incisions clean and inspect daily for signs of infection.
- Do not sit in bath tubs, hot tubs or pools for the next 4 weeks.
- Do one of the following for compression:
 - Wrap an ace wrap from your toes to the upper thigh. Rewrap your leg 1-2 times per day to keep the wrap snug, or keep the compression stocking on during the day.
 - Wear the prescribed compression stocking on your calf, paired with an ace wrap from your knee to your upper thigh.
 - Use the full thigh-length prescribed compression stocking on your leg if you can, usually a few days after the procedure.
 - Leave the compression stocking or ace wrap off at night after the first 48 hours.

What will my incisions look like?

- You will have a very small skin incision at the site.
- You may also notice bruising at the site, which will improve with time.

What are my activity instructions after the procedure?

- Walk the first night after your procedure.
- Expect to do about half of your normal activity the first day after the procedure, and resume full activity the second day after the procedure.
- Elevate your legs above your heart when resting.
- Return to work 1-3 days after your procedure.

How can I improve my vein health?

It is always important do activities that help to keep the blood moving in your veins and encourage blood flow back to the heart. You can improve your veins healthy by following a few simple steps:

- After your first clinic visit go back to wearing compression stockings during the day if you can.
- Regularly elevate your legs above the level of the heart.
- Walk frequently, and engage in exercises that use your leg muscles.

What type of follow-up care will I receive?

You will have a post-operative visit in the Vascular Surgery Clinic in approximately one week after your procedure. Please call **888-287-1082** to schedule this visit. At the one-week visit, your provider will decide when you should return for your next visit (one to three months).

When do I need to seek emergency care?

Call 911 immediately if:

If you have any of the symptoms below:

- Sudden chest pain
- Bleeding that does not stop
- Shortness of breath
- If you believe that you are having a true emergency.

If you have any of the following symptoms of a stroke:

- Sudden confusion or trouble speaking or understanding others
- Sudden trouble seeing in one or both eyes
- Sudden numbness or weakness of the face, arm, or leg, usually on one side of your body
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden or severe headache with no known cause

When should I call the clinic?

Call the vascular surgery clinic if have any of the following signs and symptoms:

- Temperature above 101.5°F taken under the tongue
- Signs of infections:
 - Red streaking going up the affected leg
 - Significant increase in pain
 - Drainage from any incision that is yellow, green, milky-looking and/or foul smelling.

What is the number to call?

- Monday through Friday from 8:00am to 4:30pm: Call **(888) 287-1082** and ask to speak to a Vascular Surgery Nurse if you have any of the symptoms listed above.
- After 4:30pm or on weekends or holidays: Call the paging operator at **(734) 936-6267** and ask to speak with the Vascular Surgery Resident on call. You will receive a call back from the Resident Doctor.

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