

The Vein and Vascular Treatment Centers*(VVTC)

DISCHARGE INSTRUCTIONS

1. Keep the leg elevated when sitting for the first 24 hours.
2. Do not drive for 24 hours.
3. There are no diet restrictions.
4. The day of the procedure, you may return to normal daily activities with the following restrictions: no heavy lifting or aerobic activity for one week.
5. The compression stocking is to be worn for 24 hours for the next week, removing it to bathe only, beginning tomorrow. The second week after the procedure the stocking is worn during waking hours only.
6. You may shower beginning 24 hours after the procedure. No tub baths until the Steri-Strips are removed.
7. DO NOT remove the Steri-Strips. They will be removed in the office in one week.
8. Bruising is normal. You may feel a "pulling sensation" and/or leg discomfort for the first week after the procedure.
9. Pain Medication:
 - Bextra 20mg. Twice daily for 7 days **(not to be taken if you have an allergy to Sulfa or Aspirin)**
 - Extra Strength Tylenol two tablets every four hours as needed for pain.
10. Make a follow-up appointment for one week after the procedure.

Please call the office at 1-866-379-VEIN (8346) with any questions or concerns.

* a division of GREAT LAKES RADIOLOGISTS, S.C.

5/1/04

D:\Discharge Instruction Form.doc