**DISCHARGE INSTRUCTIONS FOLLOWING VEIN ABLATION:**

* You may eat and drink as you desire.
* You may continue your regular medication including Aspirin, Coumadin, and Plavix.
* Should you have some mild discomfort, you may take Tylenol or Advil as directed on the bottle.
* The ACE wrap around your leg should remain in place until the morning. It should be snug, but not too tight. If the ACE wrap feels too tight, remove it and re-apply starting from lower to upper. **You may remove the ACE and leave it off the day after your procedure but you will need to wear your compression stockings until your follow up ultrasound is complete.**
* You may shower the first day after your procedure but avoid tub baths or swimming until the puncture wound is healed. (Approximately 1week)
* You may be up and walking. You may ascend and descend stairs.
* Avoid strenuous exercise that causes you to work up a sweat for 1week.
* It is unlikely that you will have any bleeding from the puncture site. However, if you experience any bleeding, lay down, elevate your leg, and apply firm pressure over the site for 10 minutes with a clean towel. This will stop the bleeding.
* If you start to notice some swelling in your leg, you may elevate it and apply a cool compress to decrease swelling.
* Call our office at (931)-815-3636 should you have any of the following problems:
  + Fever over 101.5
  + Severe pain
  + Abrupt swelling of the treated leg
  + Bleeding that lasts longer than 20 minutes
* It is likely that you will have some bruising. This will resolve over time.
* It is **MANDATORY** that you keep your first ultrasound appointment. You will also be scheduled for a 6 week follow up appointment to ensure complete healing.
* Please be advised that you are **NOT ALLOWED** to travel any long distances (flying, driving, train, etc.) until you have had for first follow up ultrasound.

\*\*\*\*\*Stockings are a mainstay-you may continue to wear them after your procedure if you are going to be on your legs for long periods of time, have problems with leg swelling, or leg pain\*\*\*\*\*