

## **POST OPERATIVE VEIN TREATMENT** **INSTRUCTIONS**

LEAVE COMPRESSION HOSE/BANDAGES INTACT FOR THREE DAYS. AT THAT TIME YOU MAY REMOVE CURRENT WRAP AND SHOWER. PUT YOUR COMPRESSION HOSE ON AFTER SHOWERING AND WEAR UNTIL YOUR ULTRASOUND IS PERFORMED ON MONDAY OR TUESDAY. AFTER YOUR ULTRASOUND YOU WILL NEED TO CONTINUE WEARING THE COMPRESSION HOSE FOR THREE WEEKS. AFTER THE INITIAL THREE DAYS YOU MAY REMOVE THE HOSE TO SHOWER AND TO SLEEP.

YOU WILL MOST LIKELY EXPERIENCE BRUISING FROM ANY VENOUS PROCEDURE. DO NOT BE ALARMED-THIS IS NORMAL. IF YOU ARE ABLE TO TAKE IBUPROFEN (ADVIL, MOTRIN) OR NAPROSYN (ALEVE) PLEASE DO-STARTING THE DAY OF THE PROCEDURE BOTH MORNING AND EVENING. THIS WILL HELP ALLEVIATE ANY DISCOMFORT THAT YOU MAY EXPERIENCE.

IF YOU TAKE ASPIRIN OR BLOOD THINNING PRODUCTS PLEASE ASK DR. SCHILPEROORT OR HIS ASSISTANTS WHEN IT WILL BE SAFE FOR YOU TO RESUME YOUR MEDICATION. USUALLY IT IS SAFE TO RESUME BLOOD THINNING PRODUCTS WITHIN A FEW DAYS OF A PROCEDURE, BUT EACH PATIENT IS DIFFERENT SO PLEASE CLARIFY.

AFTER ANY VENOUS PROCEDURE PERFORMED BY DR. SCHILPEROORT, WE RECOMMEND THAT YOU ARE AMBULATORY IMMEDIATELY. BLOOD FLOW IS VERY IMPORTANT AND WE ENCOURAGE YOU TO CONTINUE WITH DAILY ACTIVITIES THAT DON'T REQUIRE STRAINING. HEAVY LIFTING AND STRENUOUS ACTIVITY CAN OPEN ANY VESSEL THAT HAS BEEN CLOSED AND SHOULD BE AVOIDED FOR THREE WEEKS.

**ANY FURTHER QUESTIONS**  
**PLEASE CALL BIANCA AT 928-445-3055**