



Post –Surgical Instructions

1. The local anesthesia will last for several hours after the procedure is over. Take Advil or Ibuprofen 600 mg with food, 3 times a day for three days and then as needed for discomfort. Please let the doctor know if you have ever had any stomach or digestive problems, such as gastric reflux or bleeding ulcers.
2. You will be asked to walk at the office for a few minutes before leaving. If it is necessary for you to travel, please stop and walk around for 5-10 minutes each hour. This muscular activity will help maintain good circulation and empty your leg veins lessening the possibility of developing a blood clot.
3. After your procedure, you will have a dressing on your leg and the stocking that you brought with you. You need to wear the full length stocking all the time (day and night) for the first week and then only during the day for one additional week. At your 1 week follow up we will remove your dressing and then you can shower.
4. Avoid strenuous exercise such as high impact aerobics, weight training or running for 2 weeks. Walking daily is encouraged and promotes speedy healing (30 minutes or more daily is recommended).
5. Avoid prolonged standing for the first week and elevate your leg for 5-10 minutes periodically throughout the day.
6. We expect you to resume all your pre-procedure activities including work. We would like you to continue to keep moving and maintain a normal level of activity.
7. Due to the dressing, some swelling of the foot may be present. If this becomes a nuisance you may wrap the foot with an ace bandage.
8. In the unlikely event that you notice blood through the dressing, do not become alarmed. This is a minor problem that is easily controlled. First, elevate your leg. Keeping the leg elevated, apply some extra pressure over the area. Elevation and compression are the most important things. After you have done this, please call the office for further instructions. It is unlikely that you will need to go to the emergency room for this problem.
9. If you notice anything unusual that has not been discussed with you, or if you have any questions or concerns, please call the office.
10. Please bring your stockings with you to all office visits.