

New York Skin & Vein Center

Eric A. Dohner, MD, RPhS

6 Country Club Rd, Oneonta 607/431-2525 75 Pennsylvania Ave, Binghamton, 607/201-1100
157 East Main St Norwich 607/336-2400 980 East Main St Cobleskill 518/823-4122

POST-OP INSTRUCTIONS AFTER VEIN SURGERY

ACTIVITY:

- You may resume most of your normal daily activities as soon as you can.
- Take a minimum of two 20-minute walks for one week.
- Avoid standing without moving for more than **10 minutes** at a time for 2 days.
- When sitting or resting, elevate your feet.
- No strenuous exercise for 1 week (work outs, running, swimming or contact sports).
- You may use your treadmill or elliptical but at a slower pace than usual.
- You may resume driving the day after your procedure if your RIGHT leg was treated or you were given a tranquilizer for the procedure.
- Avoid driving > 60 minutes and plane flights until you've had your post op ultrasound.
- If you have to drive longer than 60 minutes, then get out and walk around your car for 5 minutes in the middle of the trip.
- No tub bath, hot tub, swimming, or pools for one week after your procedure.
- Showers are ok.

DRESSINGS

- If a pressure wrap was placed on your leg, leave it on for _____ days, then you may remove it and take a shower then put on your compression hose.
- If only a support hose was placed, leave on for one day, then you may remove it and take a shower.
- Wear the support hose during the daytime hours only and take off at night until your follow-up ultrasound appointment.
- Your incisions may drain for a few days - keep them covered with gauze as needed.
- If you have Steri-Strips (butterflies) on, they will fall off or can be removed after 7 days.
- Any sutures that needed to be placed will be removed at your follow up ultrasound.

WHAT TO EXPECT AND MEDICATIONS

- You will experience bruising and soreness the first 2 to 3 weeks after the procedure.
- A pulling sensation may occur due to the shrinking of the vein.
- If prescribed, start your blood thinner as directed until your follow-up appointment.
- You may take Tylenol 650 mg three times per day
or Naprosyn 500 mg twice daily
or Tramadol 50 mg – one tablet up to 4 times a day with food.
NO ADDITIONAL ADVIL OR MOTRIN.
- Call the office if you need any stronger medication than Tylenol, Naprosyn or Tramadol.

Signature: _____ Date: _____

Staff Signature: _____ Date: _____