



## **POST PROCEDURE INSTRUCTIONS** **FOR ABLATION**

1. **IT IS VERY IMPORTANT TO LEAVE YOUR HOSE ON UNTIL YOUR NEXT APPOINTMENT.**
2. Do not shower or get hose and bandaging wet.
3. Do not remove hose to shower or sleep for 24 hours.
4. Please stay active and walk. We ask that you walk 10 minutes every hour to hour and half until bedtime. This will decrease your chances of a deep vein clot. You may also use a bike, Elliptical machine. Treadmill or Stairmaster. No running or lifting over 20lbs.
5. You may notice small pinkish colored areas on your wrap of hose. These are normal.
6. We want you awake and doing your normal activities. If you have any discomfort, go for a short walk first. Usually this will make your leg feel much better. You can also take any over the counter pain medicine.
7. No showering until you are able to take your bandages off. This will be 24-48 hours after your phlebectomy.
8. When bandages are removed, you will see Steri-Strips over each incision. Leave these on for 4-5 days or until they loosen enough to pull them off.
9. Please do not soak in a hot bath, hot tub or swimming pool for 2 weeks. The incisions need to be closed before you participate in these activities.
10. Several weeks after you phlebectomy, you will notice lumpy areas. These are normal and will go away in a few months.
11. If you experience bleeding site (soaking gauze and hose), lay flat with leg elevated and apply pressure from bleeding site. It may take 20 minutes or more of pressure to make bleeding stop.
12. If you have any questions or concerns, call our office: **479-464-8346.**  
**We are open Monday-Thursday 7:30-5:30. After hours call Dr. Haney at 479-903-4139 or our office manager Felecia at 479-713-9325.**

Next Appointment \_\_\_\_\_

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_