

**Center for Vein Care and Surgery  
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**POST OP INSTRUCTIONS FOLLOWING VEIN CLOSURE SURGERY**

**YOU MUST WALK FOR AT LEAST 20 MINUTES ONCE YOU LEAVE THE OFFICE AND 10 TO 15 MINUTES PER HOUR FOR THE REST OF THE EVENING UNTIL YOU GO TO BED**

1. Leave steri-strips (the strips of tape directly on incision) in place until they fall off (several days). You can shower over these. Sometimes a blister may form around steri-strips, if this occurs apply Polysporin/Vaseline to that area. **DO NOT POP BLISTER.**
2. Leave the gauze and ace wraps on until the next day. If outer gauze is too tight, you may loosen the wrap but make sure ace wrap is still snug. The day after your procedure, you may then take off the wrapping (at any time) and put on your compression hose. You will wear the hose for one week after the closure procedure, you may take them off to sleep. If you have excessive swelling and/or bruising, you may wear the hose day and night.
3. **EXPECT SOME BLOOD TINGED DRAINAGE.** It is very unusual to have heavy bleeding from site once you are at home. However, if this does occur---- elevate leg, apply pressure for 5 to 10 minutes.
4. You may experience some discomfort from the procedure such as a mild burning, tingling, ashy feeling, a pulling sensation, or a knotting feeling under the skin, you may also develop a red or brown streak running the path of the vein. These are all normal and will go away in time.
5. If you experience any of the symptoms described above, you may use a warm moist compress such as a wash cloth or hand towel – **NOT A HEATING PAD** – to the affected area(s), 20 minutes at a time 3 or 4 times daily.
6. **NO HOT BATHS-** (you may take a lukewarm shower) **NO HOT SHOWERS – NO HOT TUBS – NO SAUNAS** for the first week following surgery.
7. **NO HEAVY** housework, yard work or going to the gym for the first 3-4 days after your procedure. **NORMAL** walking is allowed and encouraged.
8. Do not forget to follow up for your post op Ultrasound DVT Study.

**If you have any questions, call our office at (706) 321-2555 and ask for Amie or DeAnne.**