

VASCULAR SURGERY ASSOCIATES, L.L.C.

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DISCHARGE INSTRUCTIONS

Patient instructions for care after VNUS Closure Procedure

ACTIVITY:

- You may walk the first day of surgery.
- No restrictions on ambulation the day after surgery.
- You may resume normal activity and light exercise 2 days after surgery as tolerated. Wait 7 days for strenuous activity.
- You may drive the day after surgery, if comfortable.

DIET:

- Resume your pre-hospitalization diet.

MEDICATIONS:

- Resume your pre-hospitalization medications.
- Take Percocet 1 to 2 tabs every 4 to 6 hours as needed for pain.
- Take 1 Baby Aspirin (81 mg) once a day if you are not already taking aspirin.

DRESSINGS:

- Leave all dressings on for 24 hours.
- Remove all dressings except small strips of tape on skin after 24 hours.
- Use Ace wraps or compression stockings during the day, after 24 hours, for comfort and to control swelling.
- Remove small strips of tape 7 days after surgery.

SPECIAL INSTRUCTIONS:

- You may shower after 24 hours.
- No tub bathing for 2 days.
- If during the first night after surgery you develop severe pain and/or swelling in the foot of the operative leg remove the Ace wrap and reapply loosely.
- Mild temperature elevation, pain or redness in the thigh is normal after surgery. Call the office for temperature above 101 or significant wound problems.
- If you have any questions please call the office at the above numbers.
- We will see you in the office in 3 to 5 days for your post-op ultrasound.
If you do not have an appointment please call the office today.