

INSTRUCTIONS FOR VENOUS ABLATION

DAY OF THE PROCEDURE:

- ♥ Take your regularly prescribed medicines.
- ♥ You may eat a light breakfast or lunch.
- ♥ Bring your prescribed thigh length compression stocking.
- ♥ Arrive 20 minutes early to complete paperwork and take medication prescribed for the procedure.
- ♥ You will need someone else to drive you home.

AFTER THE PROCEDURE:

- ♥ Your doctor wants you to walk more than you normally do. Normal activities may be resumed. **Avoid heavy lifting immediately afterwards.**
- ♥ You must wear your compression stocking for 14 days. **During the first 24 hours after the procedure, you must not remove it. For the remaining 13 days, you must wear the stocking while awake.** You may remove the stocking at night while sleeping.
- ♥ You must return within 72 hours to receive your follow up scan.
- ♥ You will be given an appointment for a follow up visit with your doctor for two weeks later.