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General and Vascular Surgery

Discharge Instructions following the VNUS Closure Procedure

Name: _____

Your Follow up Appointment: _____

1. You may eat and drink as you desire.
2. Should you have some mild discomfort, you may take Tylenol as needed.
3. The Ace wrap around your thigh should remain in place for 24 hours. It should be snug, but not too tight. If the Ace wrap feels too tight, remove it and re-apply it starting at the knee and working your way towards the groin. Remove the Ace and leave it off on the day after your procedure.
4. You may shower the first day after your procedure, but avoid tub baths or swimming until the puncture wound is healed (approx. 2 weeks).
5. You may be up and walking. You may ascend and descend stairs. Avoid sitting or standing in one position for prolonged periods of time (greater than 2 hours).

***** **REMEMBER STOCKINGS ARE A MAINSTAY**, you continue wearing them after surgery

6. Avoid ALL exercise that causes you to work up a sweat for two (2) weeks.
7. You may continue your regular medications including Aspirin, Coumadin & Plavix.
8. It is unlikely that you will have any bleeding from the puncture site. If you experience any bleeding, lay down and apply firm pressure over the site for 20 minutes with a clean towel. This will stop the bleeding.
9. If you start to notice some swelling in your leg, elevate your leg and/or ice the leg to decrease the swelling.
10. Call our office should you have any of the following problems:
Fever over 101.5, severe pain, abrupt swelling of the treated leg, or bleeding that lasts longer than 20 minutes.
11. It is likely that you will have some bruising of your thigh – this will resolve with time.
12. Make sure that you keep your **Mandatory** first Doppler appointment with the office. We also would like to remind you to make sure that you schedule and keep your **1 month** and **3-4 month** follow up dopplers.
13. Please be advised that you are **NOT ALLOWED** to fly until you have had your **FIRST** post Procedure Doppler.

Michael Vasquez, M.D.

The Wellness Center

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