

POST-OP SURGERY INFORMATION SHEET

1. Immediately after the procedure, your treated leg will be wrapped in a tight bandage. We ask that you bear with the bandage for two days. The bandage needs to be tight to compress the treated vein. The bandage must stay **clean and dry**. Do not get the bandage wet. Your bandage must stay clean and dry. Small amounts of pink colored oozing are normal. If you see any bleeding on your bandage you should apply pressure and elevate your leg for 15 minutes. If bleeding persists you can page Dr. Almeida @ (page#) 1-800-808-1042. **Do not call 911 and do not remove your bandage.** You may return to work the next day, as long as you can work with the bandage in place. In two days you will come back to the office to have your bandage removed. At that time you will purchase compression stockings that you will wear for 2 weeks during the day following the procedure.
2. Take any medication as prescribed by the physician. Motrin is given to you the day of your procedure. Motrin is to be taken at breakfast and dinnertime for 10 days. **Take the Motrin even if you do not have pain.** In 5-7 days you may feel a pulling sensation in your leg. It may feel like a pulled muscle. This is your vein shrinking and part of the healing process. It is very important that you **do not** stop taking the Motrin until your prescription is finished.
3. **You must walk at least 10-15 minutes every hour, the more the better! However, avoid standing or sitting for long periods of time. Elevate your legs when you are not walking.** When you go to sleep you do not have worry about elevating your legs or getting up to walk. **Avoid** aerobics, heavy leg lifting or strenuous physical exercises on your leg for 2 weeks following your procedure.
4. **Wear the compression stockings for 2 weeks** following your procedure. After healing, you may use them for long trips, prolonged standing, or when your legs ache.
5. Minimal sun exposures until you are healed to prevent staining.
6. On your treated leg you may experience some hard areas where we removed your bulging veins. The body will absorb these hard areas. It can sometimes take up to 3 month for these hard areas to get absorbed.
8. Follow any additional instructions and appointments as indicated by physician.

Our center will be available for your full assistance @308-854-1555.
After hours if you need assistance please page Dr. Almeida @ 1-800-808-1042.

Patient Signature

Nurse Signature

Date

Patient Name (print)