

IMPORTANT NOTE FOR OUR SURGICAL PATIENTS

(Prior to your surgery): This *surgical reference sheet* NEEDS TO BE PLACED in an area where it can conveniently be referred to by you, after your surgery. After your surgery has occurred, it is common to have a variety of questions. This surgical reference sheet will be your guide and help answer these common questions:

Perf-Vein Ablation Surgical Patient

What to Expect After Surgery

- Some fluid may discharge from leg (the day of surgery).
- Some Bruising.
- Some thigh tenderness.
- Normal to develop hard knots around incision.
- Can feel a tightening or “ropey sensation” in your leg, for up to two weeks after surgery.
- You may have a “follow-up” duplex ultrasound scheduled post procedures to check progress of your condition.

Surgical Site Care Instructions

- Leave bandages /stockings on for 72 hrs after surgery – then remove both.
- You may shower 72 hrs after surgery (and bandages/stockings have been removed). Incision(s) can be washed with soap and water.
- Wear your compression stockings (only during the day) for 1 week.

Pain Mgmt After Surgery

- A patient’s pain is generally managed with over-the-counter pain medications. Medication such as ibuprofen (Advil™/Motrin™) **OR** acetaminophen (Tylenol™) **OR** naproxen (Aleve™) can be taken. Follow label instructions.
- Elevation may be helpful to reduce pain and swelling.

Other Helpful Information

- Please do not drive for 24 hours if you took the Valium prescription.
- Encouraged to be out of bed to eat meals and use the restroom. Do not stand for extended periods of time for the first 24 hours after surgery. Avoid strenuous activity /exercise for 24 hours after injection session. Then proceed with activities as tolerated.
- When stockings are removed, wash and allow to dry overnight.
- Avoid hot tubs, hot baths or hot showers for 7 days following surgery.
- If air or car travel is necessary please follow specific instructions on “Air/Car travel restrictions”.

When to Contact Our Office

- Fever of 101° or greater.
- Increased redness or swelling around incision.
- Have a sudden or large amount of drainage from incision.
- Have a sudden increase in pain.
- Have a numb feeling in your foot or toes.
- Our providers may be contacted 24 hours a day by calling (417)882-2349.

***Please return to our office on _____.**