

INSTRUCTIONS FOLLOWING VEIN SURGERY

JILLIAN M. CIOCCHETTI, MD

GENERAL

You must have a responsible adult with you for the first 24 hours after surgery if you had the procedure done in our office and took medication or at a surgical facility. Due to the presence of anesthetic drugs, you should not drive, operate dangerous equipment, drink any alcohol, or make any major decisions until at least 24 hours after surgery.

WRAPS

The treated legs are bandaged either with a coban wrap and tight ACE wraps or compression thigh high stockings. These wrappings ensure good closure of the affected veins. Please leave these in place until you have your postoperative ultrasound, after which you should immediately put on your prescription-strength compression stockings. The stockings should be worn all day and whenever you are upright. You can remove them at night to sleep. Remember that good compression ensures a good outcome from your procedure.

If the wraps are too tight and are causing pain, you can unwrap and rewrap them. They are supposed to be tight, without becoming painful.

WOUND CARE

The actual wounds underneath your wraps should be minimal, but will have small white tapes covering them. Please leave the tapes in place until your postoperative appointment. You can shower after your wraps come off, with the tapes in place.

Things to watch for at the incisions: fevers, increased pain, redness, swelling or creamy discharge are signs of infection. Please call me immediately if you experience any of these symptoms. A small amount of clear yellow drainage is normal. If you had a phlebectomy (surgical removal of veins), you may experience extensive bruising at that site. This is normal, but please call if you are concerned.

SCAR AND SKIN CARE

Scars should be quite minimal with this procedure. Sometimes you can get slight darkening and discoloration of the skin over the area of the treated vein. Once your postoperative ultrasound has been completed, please use a non-fragranced, non-colored lotion such as Neutrogena, Aquaphor, Eucerin or Lubriderm to moisturize your legs daily.

ACTIVITY

Moderate exercise is encouraged. Please do not stay in bed, as inactivity puts you at greater risk for a blood clot. When you are reclining, elevate your feet above your heart. As long as you are upright, you should be wearing your wraps or your stockings. Heavy weightlifting and extreme cardio should be avoided for one week after surgery.

MEDICATIONS

Most patients only need Tylenol and/or Ibuprofen after ablation surgery. Those who have a phlebectomy may require narcotic medication as well.

Advil, Motrin and Ibuprofen are all the same type of anti-inflammatory medication. They are in the same class of medication as Aspirin. If you have a history of stomach ulcers, gastrointestinal bleeding, a history of kidney problems, or are currently taking aspirin or blood thinners, make sure you speak with me before you take this medication. I recommend using 1-2 tablets every six hours for the first three days. After three days, use the medication only as needed.

Tylenol or Acetaminophen is a different class of drug, and can be used in conjunction with those listed above. You should not take more than 4000mg per 24 hours or risk damage to your liver. A dose of 650mg taken every 4 hours should be enough for most people.

If your pain is not controlled with the combination of Tylenol and Advil, please call the office.

DIET

Narcotic pain medications can make you constipated, so it is important to take in plenty of fluids while on these pills. A balanced diet of lean meat, fish, vegetables and fruits is important to give you strength for the healing process.

FOLLOW UP APPOINTMENT

I would like to see you in my office for a follow-up appointment between 10 AND 14 days after your surgery. Please call my office at 303-812-6850 to schedule this appointment. You will also need a follow-up appointment six months after your last ablation procedure to monitor your venous health.

If you have any other questions or concerns, please contact my office at 303-812-6850.

Wishing you a speedy recovery!

A handwritten signature in black ink, appearing to read 'Jillian Ciocchetti', with a long horizontal line extending to the right.

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