

Care After Endovenous Closure Procedures

Wound Care

- You may take the dressing off 24 hours after your procedure.
- You may shower or take a brief tub bath after your dressing is removed.
- When your dressing is removed, wear your compression stockings all day and overnight for the first day.
- Continue to wear your compression stockings during the day for 2 to 4 weeks. You can take them off at night and when you exercise.

Discomfort

- You will have bruising on your legs for 10 to 14 days after your procedure. This is normal.
- You may have some bleeding from your incision. Elevate (raise) your leg and apply pressure to it with a clean or sterile dressing for 20 minutes to stop the bleeding.

Activity

- The day after your procedure, you can increase your activity as tolerated. Avoid sitting or standing for long periods of time.
- Your legs may be sore for 3 or 4 days after your procedure.
- Exercise will help your legs heal and feel better. Go for a 20 to 30 minute walk or bike ride 1 or 2 times each day.

- You may want to avoid strenuous exercise or activities for 2 days after your procedure.
- You may return to work 2 to 3 days after your procedure.

Airline Travel

- No airline travel is recommended for 2 weeks following your procedure.
- When you travel, wear your compression stockings during the flight.

When to Call Your Health Care Provider

Call your health care provider if you:

- have a temperature higher than 100.8 F
- notice signs of infection: redness, swelling, drainage or increased tenderness
- have bleeding from your incision that does not stop when you elevate (raise) your leg and apply pressure to it with a clean or sterile dressing for 20 minutes
- have any questions or concerns about your recovery.