

# SURGICAL ASSOCIATES OF TRAVERSE CITY, P. L.L.C.

1221 Sixth Street, Suite 306 • Traverse City, Michigan 49684 • (231) 935-2400 • Fax (231) 935-2424

## Discharge Instructions for VNUS – Radio Frequency Ablation

### Wound Appearance and Care

- Keep any bandage and ace wrap (elastic bandage) on for 24 hours and then you may remove and shower. Cover with light gauze bandage if you notice any drainage or weeping. Then use compression stockings, or rewrap ace wrap, for the next 4 to 6 weeks.
- Lifetime use of compression stockings is recommended.

### Pain Management

- Tylenol or NSAID's (Motrin, Advil, Naprosyn) are usually suggested for pain control.
- Narcotic prescription may be given for pain.

### Call if you have any of these symptoms

- Prolonged tenderness, redness or warmth along the treated segment.
- Moderate to severe pain, preventing return to normal activities.
- Swelling in the treated limb.
- Rash, itching, hives, difficulty breathing, nausea, vomiting.

### Activity

- Refrain from strenuous activity or heavy lifting, standing for long periods of time, bending down quickly, or holding your breath when straining, coughing, or sneezing for 2 days.
- You may return to your regular activities 2 days after your procedure. Walking is encouraged as tolerated.

### Diet

- Resume a normal diet when alert.

**\*\*FOLLOW-UP ULTRASOUND IN 48 – 72 HOURS WILL BE SCHEDULED FOR YOU.\*\***

**Additional instructions** \_\_\_\_\_

**Call 231-935-2400 to arrange a follow-up appointment in \_\_\_\_\_ days/ weeks.**

**Should you have any questions or concerns please call Surgical Associates nurses' station at 231-935-2417. If after 5:00 PM call Munson Hospital at 231-935-5000 and ask for your doctor. There is always a doctor on call for our practice.**