

### **HOME CARE AFTER CLOSURE PROCEDURE**

\* **ACTIVITY:**

- Return to normal daily activity except: **NO** strenuous (aerobic) activity or heavy lifting for 7 days.
- Walk at least 10 -20 minutes 3 times each day for 1 week.

\* **COMPRESSION:**

- The compression hose must be worn constantly for five more days. You may remove the hose on: \_\_\_\_\_.
- Adjust the compression hose if it bunches, sags, or feels too tight; especially around the knee. Refit the hose starting down at the ankle and work your way up the leg so the fabric is distributed evenly and comfortably over your leg.

\* **SHOWERING**

- *You cannot get the incision site wet for 5 days.* A waterproof bandage has been placed over your incision. If this falls off, you will need to replace it with a waterproof band-aid.
- Please remove this bandage and wash the incision on: \_\_\_\_\_.

\* **PAIN**

- Take 2 Extra Strength Tylenol (acetaminophen) every four to six hours as needed for pain. Most patients experience little or no pain after this procedure.
- You will be provided with a prescription for stronger pain medicine; fill this only if the Tylenol does not work.
- *If you are experiencing severe pain, please call the office and notify us.*
- Do not use aspirin or ibuprofen (e.g. Motrin, Advil, Aleve) for 24 hours after the procedure.

\* **FOLLOW-UP**

- Make an appointment now for an ultrasound study and 1st follow-up visit with Dr. Carabasi to be done 2 or 3 days after the procedure.      Ultrasound Appt. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_\_

\* **WHAT TO EXPECT**

- There may be a slight amount of blood-tinged or clear fluid leaking from the thigh where the local anesthesia was injected.
- There may be some tenderness and possible bruising in the areas where local anesthesia was administered and the Incision was made. This will take a few weeks to go away completely.
- You may feel a tight or pulling sensation along the inner thigh where the treated vein is located. This will improve over time and will go away completely in a few months.
- 2-3 weeks after the procedure you may experience mild tenderness in the area where the vein was treated. This will also improve over time.

\* **WHAT NOT TO EXPECT** \*\*\*

- Severe tenderness, redness and warmth along the treated segment and also along any bulging varicose veins.
- Moderate to severe pain.
- Extreme swelling in the treated limb.
- Loss of feeling, coldness, and/or numbness in feet and/or toes.
- Shortness of breath.
- Fever.

\*\*\* ***Call Dr. Carabasi or the nurse at the office (610-687-5347) during the day or on his cell (215-582-6526) after business hours if "WHAT NOT TO EXPECT" symptoms should occur or if you have any questions or concerns.***