



Radiology Associates of Venice & Englewood

512-516 Nokomis Avenue South, Venice, FL 34285

(941) 488-7781 phone (941) 486-0349 fax

VENOUS TREATMENT DISCHARGE INSTRUCTIONS

1. Keep the stockings/dressing clean and dry.
2. Wear the stocking/dressing day and night for three days following the procedure. The stocking helps to compress the treated vein and is important to assist with healing and comfort.
3. After three days you will return to RAVE for a follow up ultrasound and dressing removal by the Interventional staff. You may shower after the dressing has been removed. *Steri strips should fall off in about seven days, if they do not fall off, you may gently remove them using a soft wet cloth.
4. Continue to wear the stocking during the day for an additional seven days once the dressing is removed.
5. Continue your regularly prescribed medications; however you may restart any blood thinning medications (Coumadin/Warfarin, Aspirin, Plavix/Clopidigrel, etc.) **the day after** your procedure.
6. You must walk for at least 5 minutes out of every waking hour, the more the better. Avoid sitting or standing for prolonged periods of time. Elevate your legs when you are sitting. When you are sleeping it is not necessary to elevate your legs nor is it necessary to walk throughout the night.
7. A small amount of pink-colored oozing is normal. If you see bleeding on your stocking/dressing, elevate the leg and apply pressure for 15 minutes. If the bleeding does not stop, notify the physician.
8. Notify the physician if you experience: fever, chills, excessive drainage/bleeding or swelling, numbness or uncontrolled pain; call (941) 488-7781. **Call 911 for emergencies.**
9. If you did not receive intravenous sedation you may drive and return to work the next day.
10. If you received intravenous sedation, it is still in your system. Therefore we would like you to take it easy the rest of the day and evening. We recommend that your caregiver remains with you for the remainder of the day. Do not drive, and avoid drinking alcohol, do not sign important documents or make legal decisions for the next 24 hours.
11. Avoid aerobics, heaving lifting and strenuous physical exercises on your leg for two weeks following the procedure.
12. You must stay out of the sun until you are completely healed (4-6 weeks). Failure to do so may result in staining and increased scarring.
13. On your treated leg, you may experience some hardened areas caused by the trauma to the vein. The body will absorb these areas. It may take up to three months for this to occur. You may feel a pulling sensation in your leg. It may feel like a pulled muscle. This is your vein shrinking and is a normal part of the healing process.
14. Follow any additional instructions and appointment as indicated by your physician.

Our physicians and staff are available for your full assistance at (941) 486-3491. Please use this line if you need assistance after hours to page the physician on call. We appreciate the opportunity to provide you with excellent care. Please feel free to contact us if you have any questions or concerns.

You should have received a follow up dressing removal and ultrasound appointment 48-72 hours after your procedure.