

DISCHARGE INSTRUCTIONS

Care Instructions following: Vein Closure

ACTIVITY

- Resume normal activity to tolerance.
- Begin walking tonight.
- NO running, aerobics, or weight lifting for 72 hours following the procedure.
- You may drive 24 hours after the procedure.

MEDICATIONS

- Resume your pre-hospitalization medications unless instructed otherwise.
- You may take Tylenol, Ibuprofen, or aspirin as needed for pain.

INCISION (SITE) CARE:

- Keep Ace wrap on for 24 hours.
- After 24 hours remove the Ace wrap, but continue to use the TED stockings while you are standing. (TED stockings are white elastic material which were placed on your leg(s) under the Ace wrap in the Operating Room)
- You may shower, but keep dressings dry.
- Remove all bandages and compression stockings (TED) after 3 days; leaving steri-strips in place until your post-op visit. Some of the steri-strips may peel or fall off prior to this post-op visit.
- Expect some spots of blood on the dressings.

DIET

- Resume pre-hospitalization diet.


GUIDELINES FOR WARNING SIGNS/SYMPTOMS TO MONITOR

- If there is a large amount of bleeding, elevate the leg, apply pressure and call our office.
- You may apply ice packs to any area that is sore, throbbing, or painful.
- It is extremely important to schedule an ultrasound appointment 3 to 5 days after your procedure.

FOLLOW-UP APPOINTMENT

- You should be seen in the office 2 weeks after surgery for your follow-up visit. If you do not have an appointment, please call the office today to schedule your visit.

Scheduled Appt Date/Time: _____



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BECOME A MORE INFORMED PATIENT

A more educated patient is a more compliant and, therefore, healthier patient. Follow these steps to become more educated about your vascular condition, treatment, and after-care requirements:

1. Go to our website at www.cheyennevascular.com.
2. Click "Log In" in the upper right corner of the site.
3. Under *Patient Registration*, click "Sign Up."
4. In the *Practice Code* box, type "SWVASCULAR" and click "Continue."
5. Complete the registration form and click "Continue."
6. Follow the online instructions to complete the process.

Carotid artery disease
Carotid endarterectomy
Risk factors