



*Good Samaritan Hospital
Vascular Surgery*

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DISCHARGE INSTRUCTIONS

Patient care instructions after Vein Closure

ACTIVITY

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

DIET

- Resume your pre-procedure diet.

MEDICATIONS

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

DRESSINGS

- Keep Ace wrap on for 24 hours,
- After 24 hours remove the Ace wrap, but continue to use the TEDS stocking while you are up. (The TEDS stocking is the white stocking which was placed on the leg(s) under the Ace Wrap in the Operating Room).
- You may shower, but keep dressings dry.
- Remove all bandages and compression stockings 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 your visit.
- Expect some spots of blood on the dressing.

SPECIAL INSTRUCTIONS

- If there is a large amount of bleeding, elevate the leg, apply pressure and call us.
- You may apply ice packs to any area that is sore, throbbing, or painful.
- Make sure you have an ultrasound appointment scheduled in the office 3 to 5 days after your procedure. **This is extremely important.**
- Please schedule your follow-up appointment with the doctor in our offices 2 weeks following your procedure.
- For any other questions or problems, feel free to call us.

Good Samaritan Office
443-444-3431

GBMC Office
410-512-8686

Greater Baltimore Vascular Surgery