



## **VNUS Post-Op Instructions**

- On the day of surgery and the next day, ambulate at frequent intervals. Get up at least once an hour and walk around for approximately 5 minutes while you are awake.
- Return to normal activities within 24 hours.
- Do not sit or stand for long periods of time.
- Refrain from strenuous activities or heavy lifting for several days.
- Wear a compression bandage for the first 24-48 hours followed by compression stockings for at least 1-2 weeks.
- You may shower after removing compression bandage.
- Take Motrin/Tylenol and rest/elevate your leg as needed to relieve minor discomfort.
- Place a towel under leg for the first 12 hours, as some drainage may be expected from the numbing medicine that was injected.
- Wait at least 1 week before getting into a hot tub or pool.
- Return for your follow-up ultrasound scan within 3 - 7 days to rule out presence of DVT.

*It is normal to experience some tenderness and possible bruising in the areas where local anesthesia was administered.*

*Call your physician immediately if you experience any of the following:*

- *Prolonged tenderness, redness, or warmth along the treated segment*
- *Moderate to severe pain, preventing return to normal activities*
- *Shortness of breath*
- *Severe swelling in the treated limb (some swelling is to be expected)*

If you have any questions or concerns, feel free to call Dr. Mountcastle's office at 703-858-3208.