



PROUD MEMBER OF

Midstate  RADIOLOGY  
ASSOCIATES LLC

22 Pine Street, Suite 210, **Bristol**, CT 06010 • 863 North Main Street Ext., **Wallingford**, CT 06492  
Phone: 860-229-VEIN (8346) • Fax: 860-826-1391 • [www.ctveindocs.com](http://www.ctveindocs.com)

### **AFTER YOUR VEIN ABLATION:**

- **WALK at least every 2 hours, when awake, for the next 7 days.** You can walk as much as you like. No airplane rides or long car trips for 2 weeks post-procedure.
- **For the next 5 days take the prescribed Motrin (ibuprofen) medication.** Take 1 tablet by mouth every 8 hours, with food. If you are having pain while using Motrin, you may also take Tylenol one pill every 8 hours in addition to the Motrin. If you get stomach discomfort from the Motrin, take Pepcid, one pill twice a day.
- **Keep stocking and gauze on for 24 hours.**
- **After 24 hours, remove stocking and gauze, and you may shower.**
- **Bruising and soreness** may occur. It usually goes away within two weeks.
- **Hard lumps** may appear in the leg and be slightly red or tender. Apply a heating pad to these areas 3 times a day for 20 - 30 minutes. Call our office if you have any questions.
- **If you have fever, chills, swelling or redness** please call our office immediately.
- **If you experience weakness, fainting, chest pain or difficulty breathing** call 911 or go to the emergency room.
- **FOR 7 DAYS AFTER PROCEDURE:**
  - o **No heavy lifting** (greater than 20 pounds).
  - o **No running, high impact or heavy exercise.** Using the elliptical/bike is okay.
  - o **No swimming, Jacuzzi or tub baths.**

Please contact our office with any questions or concerns.

Monday- Friday, 8AM-5PM call **860-229-8346**

Nights, Weekends or Holidays call **860-426-8116**. Ask for the Interventional Radiologist on call.