

## CARE AFTER ENDOVENOUS CLOSURE PROCEDURES

### **Wound Care**

- You may take the dressing off 24-48 hours after your procedure.
- You may shower or take a brief tub bath after your dressing is removed.
- When your dressing is removed, wear your compression stockings during the day for 1-2 weeks after your procedure; consider wearing compression stockings in situations where you will be active or standing for long periods.

### **Discomfort**

- You will have bruising on your legs for 10 to 14 days after your procedure. This is normal.
- You may have some bleeding from your incision. Elevate (raise) your leg and apply pressure to it with a clean or sterile dressing for 20 minutes to stop the bleeding.

### **Activity**

- The day after your procedure, you can increase your activity as tolerated. Avoid sitting or standing for long periods of time.
- Your legs may be sore for three or four days after your procedure.
- Exercise will help your legs heal and feel better. Go for a 20- to 30-minute walk or bike ride one or two times each day.
- You may want to avoid strenuous exercise or activities for two days after your procedure.
- You may return to work two or three days after your procedure.

### **Airline Travel**

- No airline travel is recommended for two weeks following your procedure.
- When you travel, wear your compression stockings during the flight.

### **When to Call your Health Care Provider**

Call your health care provider if you:

- Have a fever higher than 100.8 degrees Fahrenheit.
- Notice signs of infection: redness, swelling, drainage or increased tenderness.
- Have bleeding from your incisions that does not stop when you elevate (raise) your leg and apply pressure to it with a clean or sterile dressing for 20 minutes.
- Have questions or concerns about your recovery.