



POST OPERATIVE INSTRUCTIONS FOR FOAM ECHOSCLEROTHERAPY

Following the procedure you will leave with a compression hose in place. Do not remove your compression hose for 3 days (including nights). Then, wear your hose for the next 3 weeks, removing it at bedtime. You will have a small gauze dressing over the insertion site covering steri-strips. You may remove the gauze at your first shower or sponge bath of the legs which should be taken 3 days after your procedure. Leave the steri-strips in-place. The steri-strips will begin to come loose 3-5 days after the procedure at which time you can remove them.

You may experience some discomfort following the treatment. We will advise you as to what pain medicine you may need to take. If you require any additional prescription drugs please see your family physician or discuss with us. **If you are having unexpected discomfort or bleeding, notify the office immediately. If you are unable to reach the office, the nearest emergency department may be considered. The Lethbridge emergency department has access to the advice of on-call Radiology services whom are familiar with the procedure. Please notify our facility in the event of an unexpected admission to hospital within 10 days of your procedure.**

We would like you to continue moving and maintain a normal level of activity throughout your recovery. Walking twice a day for 20 minutes is encouraged and promotes speedy healing. Following the procedure you may get some inflammation to the treated area. This inflammation is part of the process and is to be expected. Some people describe a cord like sensation along the inner aspect of their leg. Walking and taking your pain medication as prescribed will help to alleviate the discomfort. Avoid prolonged sitting or standing for the first week and elevate your legs at least three times a day for 5 to 10 minutes. Avoid long car rides (if you must travel, get out and walk hourly). You may return to work/school when able, resume active sports within one week and sexual activity when comfortable. In all likelihood, you will be able to resume your pre-procedure activities (including work) the following day, if necessary. It may be helpful to take off a day or two from work.

It is not uncommon to experience localized tenderness, lumpiness, bruising and discoloration of the treated area. Generally this is a result of blood that becomes trapped within the vein during the healing process. Please notify our office, as it may be necessary to drain the trapped blood from the vein in order to alleviate these symptoms and decrease recovery time. Discoloration may be a side effect of the procedure, lasting 12-18 months.

POST OPERATIVE MEDICATIONS: _____

FOLLOW UP APPOINTMENTS:

Three to seven days and three months following your treatment you will need to have an ultrasound to look for evidence of deep venous thrombosis, a known complication of this procedure. It is in your best interest to keep these examinations.

3-7 day _____ **3 Month** _____

Again, feel free to call the office if you have any questions 403-328-1122.