



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.