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VASCULAR AND GENERAL SURGERY

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Discharge Instructions following the Venefit Procedure

- 1) You may eat and drink as you desire.
- 2) You may continue your regular medications including Aspirin, Coumadin & Plavix.
- 3) Should you have some mild discomfort, you may take Tylenol or Advil as directed on the bottle.
- 4) The Ace wrap around your thigh should remain in place until the morning. It should be snug, but not too tight. If the Ace wrap feels too tight, remove it and re-apply it starting at the knee and working your way towards the groin. **Remove the Ace and leave it off on the day after your procedure.**
- 5) You may shower the first day after your procedure, but avoid tub baths or swimming until the puncture wound is healed (approx. 1 week).
- 6) You may be up and walking. You may ascend and descend stairs.
- 7) Avoid **strenuous** exercise that causes you to work up a sweat for one week.
- 8) It is unlikely that you will have any bleeding from the puncture site. However, if you experience any bleeding, lay down, elevate your leg and apply firm pressure over the site for 10 minutes with a clean towel. This will stop the bleeding.
- 9) If you start to notice some swelling in your leg, you may elevate it and apply a cool compress to decrease the swelling.
- 10) Call our office should you have any of the following problems:
 - Fever over 101.5s
 - Severe pain
 - Abrupt swelling of the treated leg
 - Bleeding that last longer than 20 minutes
- 11) It is likely that you will have some bruising of your thigh - this will resolve over time.
- 12) It is **MANDATORY** that you keep your first doppler appointment. You will also be scheduled for a 3-4 month followup doppler to ensure complete healing.
- 13) Please be advised that you are **NOT ALLOWED** to travel any long distances (flying, driving, train, etc) until you have had your first followup doppler.

**** STOCKINGS ARE A MAINSTAY - CONTINUE TO WEAR THEM AFTER YOUR PROCEDURE ****