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After Endovenous Ablation Treatment Instructions:

Your leg was wrapped with a compression bandage or a compression stocking. Do not remove them until 2 days later. After 2 days, you can remove them when you are sleeping at night or when you are taking a bath or a shower. However, you should still wear them for 2 more weeks during the day to achieve optimal result.

YOU MUST ARRANGE TO HAVE A FOLLOW-UP ULTRASOUND DONE ON YOUR LEG IN 4-7 DAYS AFTER THE PROCEDURE. PLEASE CALL MY OFFICE FOR A FOLLOW-UP APPOINTMENT WITH ME IN 7-14 DAYS.

You will be expected to walk immediately after the procedure. Normal activity can be resumed immediately, but strenuous exercise can cause the vein to reopen, so please avoid hot baths and vigorous activity such as gym workouts until at least 10 days following the procedure.

Recovery from endovenous ablation is usually trouble-free. It is normal to feel a “tightening” sensation in your leg after a couple of days, and it may last for a few days. Your thigh may also be slightly tender to the touch for a few days. This discomfort can generally be managed with over-the-counter analgesics like Tylenol or Motrin.

As with any invasive procedures, problems can develop. If you develop an acute fever (more than 100F or 38C) or severe or worsening pain/swelling, please call our office (951-894-5167) immediately.

These post operative instructions were reviewed with me prior to discharge, and I understand the expectations of my attending surgeon. I understand I must call the office immediately if any unexpected side-effects arise.

Patient Signature: _____

Date: _____