



## **Post Vein Closure:**

### **Activity:**

- You may resume your normal activities
- Begin walking right after the procedure tonight
- Please do not drive for 24 hours
- No running, aerobics, or weight lifting of any kind
- When resting please elevate the leg
- No prolong rest while bandage is on

### **Medication:**

- Resume all pre procedure medications
- You may take Tylenol every 6 hours for pain
- You may take pain medication if prescribed to you

### **Diet:**

- Resume your pre procedure diet

### **Dressing:**

- Please keep an Ace wrap on for 72 hours
- After 72 hours you may remove the ACE wrap and wear compression stocking
- After removing he ACE wrap you can take a shower

### **Special Instruction:**

- Please do not sit in the bath tub or swim for 3 weeks
- Apply pressure to the area with your hand while elevating the leg if slight bleeding occurs (for 10 minutes)
- Please call our office in morning to make an appointment to get ultrasound. You will need an ultrasound in 3 days to make certain you do not have a clot. At that time make appointment to see the surgeon in 2-3 weeks

### **Call Immediately:**

- If one or two feet become blue, cold, painful, or you experience extreme swelling.

[www.mdvascularspecialists.com](http://www.mdvascularspecialists.com)

#### MAIN LOCATIONS

##### Lutherville Office

1212 York Rd., Suite B201  
Lutherville, MD 21093  
410.825.4530  
F: 410.825.3787

##### Woodholme Medical Center

1838 Greene Tree Rd., Suite 285  
Pikesville, MD 21208  
410.602.0777  
F: 410.602.2966

##### Bel Air Office

21 Eastern Ave.  
Bel Air, MD 21014  
410.836.8667  
F: 410.836.8996

#### SATELLITE LOCATIONS

##### Dundalk Office

7850 Eastern Ave.  
Balto, MD 21224  
443.376.5036  
F: 410.825.3787

##### Eldersburg Office

6190 Georgetown Blvd.  
Eldersburg, MD 21784  
410.795.5122  
F: 410.602.2966

