

Vein Care

Varicose Veins
Spider Veins
Leg Pain
Injection Sclerotherapy
Vascular Ultrasound

MCQUAID

Vein Specialists

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General Surgery

Gall Bladder
Hernia
Spine Exposure
Laparoscopy
Mass Removal

Post Operative Instructions: **Thermal Ablation, Ultrasound Guided Foam** **Sclerotherapy & Phlebectomy**

- The Band-Aids and the compression wrap may be removed after the first 24 hours.
- We ask that you sleep in the compression stocking for the first 3 nights, and that you wear it during the day for 7 days after each procedure. After that, you may find that the compression stocking gives you symptomatic relief. If so, we encourage you to wear the compression on an “as needed” basis.
- Do not remove the Steri-Strips (white tape at the incision sites). They typically fall off in 7 to 10 days. If they do fall off before the 7 day mark, place a Band-Aid over the site.
- The treated leg should not get wet for the first 3 days after your procedure. We recommend that you sponge bathe or cover the leg with a waterproof barrier while in the shower during that time. Avoid extreme heat while bathing for the next 2 weeks.
- No swimming in lakes and public pools for 2 weeks, or private pools for 1 week.
- Some post-procedure bruising, inflammation, tenderness and tingling are common, and typically resolve with time.
- Most discomfort can be relieved by the prescribed Non-Steroidal Anti-Inflammatory pain medication (NSAID). While taking the prescribed medication, do not take ibuprofen (e.g., Advil/Motrin) or any other NSAID. As long as you have no Tylenol (acetaminophen) allergies or liver problems, you may also take Tylenol with the prescribed medication.
- If you experience minor bleeding, do not be alarmed. Elevate your legs above your heart and apply direct pressure to the site of bleeding for 15 minutes.
- Feel free to call us at 97.BEST LEGS (972.378.5347) if you are having increasing redness around an incision, uncontrolled pain or bleeding.
- Darkening of the skin along the path of an injected vein is a common occurrence following sclerotherapy, and it typically improves with time. If discoloration persists, Arnica gel is encouraged to promote healing and improve appearance of temporary skin changes. You may purchase Arnica gel in our office.
- We recommend that you avoid lengthy (more than 1 hour) automobile or air travel for 6 to 12 weeks after procedures, to minimize the risk of complications.
- Avoid direct sun exposure during the healing process (two weeks). Sun screen is important on a regular basis, but is mandatory for the first 2-3 months after our procedures, for best results. Spray on tanners or lotions can be used starting 10 days after treatment.
- Avoid heavy lifting (nothing over 20 lbs) and strenuous exercise such as aerobics, weight training, or running on pavement for 2 weeks.
- We do encourage walking (outdoor or on a treadmill) or the use of an elliptical machine, and we recommend that you exercise for 30 minutes, three times a day.
- You may return to your normal activities in 1 week.