

## Immediately After Procedure

After your procedure, you will have a dressing on your leg and either a compression wrap or stocking. You may take your dressing off after two days and shower. You need to wear the full length stocking all the time (day and night) for the first two days and then only during the day for two additional weeks. Due to the dressing, some mild swelling of the foot may be present. If this becomes a nuisance you may wrap the foot with an ace bandage. The steri-strips (brown tapes) over the incision sites need to stay in place for 7 days. After the 7 days you can either remove them in the shower or let them come off on their own.

In the unlikely event that you notice blood through the dressing, do not become alarmed. This is a minor problem that is easily controlled. First, elevate your leg. Keeping the leg elevated, apply some extra pressure over the area. Elevation and compression are the most important things. After you have done this, please call the office for further instructions. It is unlikely that you will need to go to the emergency room for this problem.

## Recommended

- ☼ If it is necessary for you to travel, please stop and walk around for 5-10 minutes each hour. This will help maintain good circulation and lessen the possibility of developing complications.
- ☼ You may resume all your regular activities, including work, immediately. Continue to keep moving and maintain a normal level of activity.
- ☼ Take Advil or Ibuprofen 600 mg with food, 3 times a day for three days and then as needed for discomfort. Please let the doctor know if you have ever had any stomach or digestive problems, such as gastric reflux or bleeding ulcers.
- ☼ Exercise is an important part of the healing process. Walk at least 20 to 30 minutes daily for at least 2 weeks.

## Avoid

- ☼ Hot tubs, saunas, and leg massages during treatment. Bathe using warm, not hot water. Showers are better than tub baths.
- ☼ Strenuous exercise such as high impact aerobics, weight training or running for 2 weeks. Walking daily is encouraged and promotes speedy healing (30 minutes or more daily is recommended).
- ☼ Prolonged standing for the first week and elevate your leg for 5-10 minutes periodically throughout the day.
- ☼ Direct sun exposure to the treated leg(s) for 2 weeks. For sustained outdoor activities, sunscreen is recommended.

If you notice anything unusual that has not been discussed with you, or if you have any questions or concerns, please call the office at 914-949-8346. The doctor can be reached for emergencies day or night.

## Follow-up Appointment

You will need to be seen in the office within 3-7 days of the procedure, then in 4 weeks for a follow-up with the doctor.

**Please bring your stockings with you to all office visits.**