



1114 Charlevoix Ave. Petoskey, MI 49770
231-439-9700

Post Procedural Instructions: EVA

1. Immediately after your procedure, we will put your compression stockings on for you. You will need to **wear the stockings for 48 hours without removing them**. Sponge bathe only during this time.
2. After the 48 hours, you may take your stockings off at night. You will also need to remove all bandages (white pads, wrappings, etc) *except for the steri-strips*. You will need to put your stockings back on and wear them during the daytime hours.

Remove stockings on: _____

3. You need to wear your compression stockings for the next 7-10 days but you may take them off at night.
4. You should **remove your steri-strips approximately 3 days after your procedure**.

Recommended steri-strip removal date is: _____

Be cautious when removing them; get them wet and peel them off *slowly*. If there is any excess tissue, then use clippers to clip this off (this will not be painful...but make sure you do not pull the tissue).

Restrictions:

- Avoid any strenuous exercise, such as running, aerobic activities or weight training (weight limit approximately twenty pounds) for 10 days.
- Avoid activities that engage your abdominal muscles for 2 weeks.
- Avoid hot tubs and hot baths for 2 weeks.
- Avoid prolonged (more than 30 minutes) sitting or standing in the same place for the first week.

Medications: Ibuprofen: 800 mg (1 tablet) every 8 hours for 7 days

Arnica: 5 tablets under your tongue every 8 hours for 7 days

We expect you to be able to resume all of your pre-procedure activities (including work) the following day. However, some patients find it helpful to take a day or two off of work. We would like you to keep moving and maintain a normal level of activity. **You will need to walk at least three times daily** (including the day of your procedure) for twenty minutes. Walking is an extremely important part of your healing process. You should also elevate your legs, above the level of your heart, at least 3 times a day for 5-10 minutes. We will do a follow-up ultrasound and office visit approximately 10 days after your procedure. *****ALWAYS BRING YOUR STOCKINGS WITH YOU TO ALL OF YOUR FOLLOWING APPOINTMENTS AT OUR OFFICE*****

Some discomfort following the procedure is normal. It is very important to take your medications as directed. Minor bleeding may also occur; if you notice any bleeding, elevate your leg and apply pressure. **If you are having any extreme discomfort or bleeding, call our office immediately.** After hours, you may call Dr. Visconti on his cell phone at 231-675-8346. If you have an emergency and you do not get a return phone call in 15 minutes, **go to the nearest emergency room.**

If you have any questions, feel free to call us at 231-439-9700.