



## Central PA Physicians Group

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### Post Ablation Instructions:

1. Please **remove** the compression stocking **every night before going to sleep**. Also, **do not** shower with the compression stocking on.
2. If an ACE wrap was applied after your procedure, please remove in the evening before going to bed. This does not need to be worn for the next 7 days.
3. Wear your compression stocking during the day for a total of 1 week unless otherwise instructed.
4. Walk at least 20 minutes twice daily
5. Do not sit or stand for long periods of time
  - a. Ex: Do not mow grass, Do not sit or stand for 1-2 hours at a time.
  - b. If standing for long periods of time (more than 1-2 hours), patient needs to sit for intervals in between
6. Avoid strenuous exercise for the next 7 days. Ex: running, weight lifting
7. Avoid hot baths. Showers are preferred for the next 7 days.
8. It is normal to have seeping/fluid leakage, discomfort, and bruising on your leg that had the procedure.
9. Take a pain reliever that is suited for you and your medical limitations (if any) every 6 hours as needed for pain. Recommend Ibuprofen
10. If fever, nausea, chest pain, and/or shortness of breath occur, contact the office. (Contact information is above) If emergent call 911 or go to closest emergency department.
11. You will have a follow up ultrasound exam in one week.

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#### DVT Scan

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#### Next EVLA- Altoona Office

\*\* Our office will call the week before with your time

\*\*Please bring your stocking, ACE Wrap and white foot slipper with you to your appointment

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#### Follow up Appointment