

Peripheral Vascular Disease Clinic of Houston

POST PROCEDURE DISCHARGE INSTRUCTIONS

You will have **TWO** follow-up appointments. Please make every effort to make these appointments as they are important in monitoring your recovery and results of the procedure. If you are unable to make the follow-up appointments or need to reschedule, please call 713-791-1633.

First follow-up appointment: _____

Second follow-up appointment: _____

- Due to medication given before your procedure to relax you, you **CAN NOT** drive home after the procedure. A responsible adult must accompany you to drive you home after the procedure. Please let us know if this is an issue. We can assist with providing transportation.
- You should begin walking immediately after your procedure. We **STRONGLY** encourage this. You should walk frequently for the next 2 days. (At least 10 minutes per hour while awake but don't overdo it)
- Leave the dressings on your legs until the next day. Once removed, you can take a tepid shower. You should begin wearing your compression stockings and do so for the next 2 weeks while awake. **DO NOT** sleep in the compression stockings. Wait at least 2 weeks before getting in a spa/hot tub or taking a hot bath. Tepid showers only for 2 weeks. **NO** heating pads!!
- Mild discomfort, bruising, oozing and/or swelling is normal. Veins may appear worse before they get better. You may take ibuprofen, Aleve or Tylenol as tolerated. If you have renal disease, check with your kidney Dr. before taking ibuprofen or Aleve.
- You should call the office if you have worsening or severe pain unrelieved with over the counter medications, a fever greater than 100.4 and/or chills and/or worsening or newly developed redness in the area of the procedure.

If you have **ANY** questions or concerns after your procedure, including after hours or weekend, please call the office and you will be connected with a staff member to assist you with your questions/concerns 713-791-1633.

Your Peripheral Vascular Disease Clinic of Houston team of healthcare providers today included:

Physician: _____ Physician Assistant: _____

Nurse: _____ Ultrasound Tech: _____

Scrub Tech: _____ Scrub Tech: _____