

Post-Operative instructions for I&D - Drainage of Thrombus

DAY 1:

Leave your compression stockings and/or wrapping on for **24 hours** following your treatment.

YOU MAY RETURN TO NORMAL DAILY ACTIVITY ON THE DAY OF YOUR TREATMENT – WALKING IS ENCOURAGED.

After 24 hours:

You may remove your compression stockings, bandages and cotton. You may take a shower with mild soap over the treated area.

NEXT 1-2 Weeks:

No dressing/bandages are necessary 24 hours following your procedure. If asked to wear your compression stockings continue to do so only during the day and remove them at night.

SIDE EFFECTS THAT MAY OCUR:

- ✓ Minor Bruising over injection sites.
- ✓ Tenderness over the treated veins.
- ✓ Minor Swelling around the treated veins.
- ✓ Residual lumps/ hard areas that may need additional treatment if they are symptomatic.

RARE SIDE EFFECTS: Should any of the following occur, contact your physician IMMEDIATELY

- ✗ A sudden onset of a **swollen leg**
- ✗ Formation of small **ulcers or blisters** (fluid filled sacs) at the injection site
- ✗ Increased **redness or streaking**, leg(s) swollen or **warm to touch**
- ✗ **Increased pain, drainage** of any kind or any sign or symptoms of infection

Activity to **AVOID** 48 hours after treatment:

- ✗ No oils, lotions, creams or powders to legs
- ✗ Whirlpools or saunas direct exposure to sunlight
- ✗ No swimming
- ✗ Wait at least **one week** (excluding walking) before resuming **high impact** exercise such as, running leg presses, weight lifting and high-impact aerobics/sports.

Activity that is **PERMITTED**:

- ✓ **Walking is encouraged.**
- ✓ Hot Compress (48 hours after treatment).
- ✓ Low impact exercise (48 hours after treatment).
- ✓ Showers are permitted. The injection sites may be washed with a mild soap.
- ✓ Normal daily activity is permitted.

Contact Information:

If you have any concerns, call **(602) 298-7777 (8:30am – 5pm weekdays)**. Call this same number after hours and weekends our answering service will take your message and page the **On-Call physician**. If you are experiencing a true vascular emergency, call **911** or go immediately to the nearest Emergency Room.