

Endovenous Thermoablation Checklist



- This surgery is a walk in- walk out procedure performed in the rooms.

- The compression stockings will be fitted immediately after your surgery.

- Post operatively you will be asked to walk around the block for 20 minutes and then our practice nurse will perform a final check on you.

- Please wear your compression stocking for 5 days, day and night, followed by 5 days during the day only.

- You will receive Clexane injections for 5 days post-op to minimise the risk of a DVT. Our practice nurse will show you how to administer these yourself (your partner or a family member can also administer them for you). This is a straightforward process.

- Mobilisation is encouraged postoperatively. Strenuous exercise should be avoided whilst you are wearing the compression stockings.

- Most people would be fit to drive again the next day.

- Most people will return to work within 1-2 days.

- You may feel some hard lumps under your skin. This is entirely normal and resembles the treated vein. They will all slowly be absorbed by the body.

- Please take your prescribed pain medication over the full duration as this will settle the inflammation around the treated vein as well.

- Your post-operative follow-up will be 2 weeks after the procedure. At that time an ultrasound will be performed to check that the vein has closed off nicely and to ensure there is no DVT. However, should you be concerned about anything, please let us know and Dr Ritter will see you earlier.

- The varices will continue to settle and most will have completely disappeared after 6 weeks. The remainder can then easily be injected with some foam.

