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pioneervein.com

Name _____

DOB _____

ADHESIVE ABLATION (VENASEAL)

POST-PROCEDURE INSTRUCTIONS

DAY OF PROCEDURE:

DRESSING

- Post procedure a Band-Aid or Coban dressing will be placed at the site of needle entry
- Uncommonly, you may see some evidence of bloody drainage on the wrap/Band-Aid. If it appears to be enlarging, you should lie down, elevate your leg (foot above the level of your heart) and apply pressure over the area. If this does not stop bleeding after a short time (20 to 30 minutes) notify Pioneer Vein Center Physician.

ACTIVITY:

- Resume normal activities
- Walk for at least 20 min
- When sitting keep your leg elevated
- Do not drive if you have received any sedation
- See below for additional instructions

MEDICATIONS:

- Resume all your home medications the same day of your procedure
- Resume your Anticoagulants such as Coumadin, Xarelto, Eliquis, Brilinta, Plavix etc. **UNLESS YOUR PHYSICIAN HAS ADVISED YOU OTHERWISE**

POST PROCEDURE WEEK:

BATHING:

- You may shower the day after the procedure
- Do not soak in a bath for 72 hours after the procedure

COMPRESSION:

- You are not required to but may use your compression stockings during the day. Some patients report improved comfort with the stockings.

ACTIVITY & EXERCISE:

- It is important that you walk for at least 20 minutes every day after this procedure, although an hour per day is preferred
- Light exercise like bike riding or gentle aerobics are

Notes and Additional Orders:

safe options

- Vigorous exercises, bearing down, squatting, heavy weightlifting (>40LB) should be avoided for one week
- When sitting keep your leg elevated

PAIN and SIDE EFFECTS:

- Manageable amounts of tenderness, bruising, and inflammation is expected after this procedure. It is also common for tenderness to increase slightly during your second week of recovery. These symptoms can be safely relieved with the use of over the counter ibuprofen (Advil), acetaminophen (Tylenol), and naproxen (Aleve).
- Erythema (Redness), Itching, Pain, Edema, tenderness over the treated vein may occur 7 to 14 days after the procedure. This usually resolves within a week.
 - If painful you may take over the counter ibuprofen (Advil), acetaminophen (Tylenol), and naproxen (Aleve)
 - Anti-inflammatory cream such as diclofenac 1%(Voltaren) cream may be applied over the area
 - If Itching is present Benadryl may be taken (Benadryl can cause sedation)
 - Please **CALL** our office for proper guidance for treatment of these symptoms
- You may feel a cord over the area of your treated vein. This usually softens over few weeks.

FOLLOW UP:

- You will come in within a week (Usually 2 to 3 days) of each procedure for an ultrasound and wound check
- After your final procedure, we will ask you to come in for a follow up appointment around six weeks later

IMMEDIATELY CALL PIONEER VEIN CENTER OFFICE IF YOU EXPERIENCE:

- Warmth or redness along the treated portion
- Fever over 101°F
- Prolonged tenderness
- Shortness of breath
- Swelling in the treated limb
- Moderate or severe pain that stop you from performing normal activities
- Bleeding that cannot be controlled with moderate pressure
- Please feel free to call with any other questions or concerns