



## **Procedural Instructions for Venous Ablations**

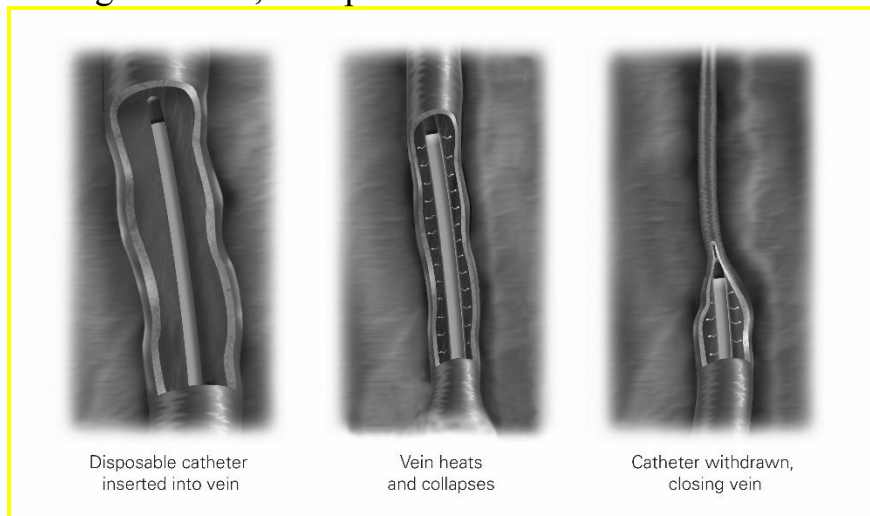
### **Prior to Procedure**

- A prescription for Xanax (Alprazolam) will be called into your pharmacy 48 hours prior to your procedure day. Please take this medication as directed 30 minutes prior to your procedure time. Please bring the prescribed xanax to your scheduled procedure appointment as well.
- Arrange for someone to drive you to and from your appointment.
- Wear loose fitting clothing to your procedure.
- Arrive 15 minutes early to your procedure appointment.
- Blood thinner medications such as aspirin and warfarin (Coumadin) usually can be continued during the procedure. If unsure, ask the physician for clarification.

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### **Venous Ablation Procedure**

- The procedure is performed under local anesthesia by inserting a thin catheter in the saphenous vein. The catheter delivers laser energy to the vein wall, causing it to heat, collapse and seal shut.



- Once the vein is closed, other healthy veins take over and empty blood from your legs. As normal flow is re-established, your symptoms are expected to

improve. Sometimes symptoms will take up to a month to show improvement, depending on severity of disease.

### **After the Procedure**

- *Bandages*
  - Keep the dressing and bandages on for 48 hours.
  - You may shower after removing the bandages. Avoid immersion bathing, hot tubs, swimming or saunas during the first week after the procedure.
  - You may start to wear your compression stockings once your bandages are removed. Compression socks can be worn as needed, such as when standing for long periods of time, when walking long distances, or on long drives. Do not wear compression socks when sleeping.
  
- *Pain*
  - Pain and discomfort are normal after a venous ablation. This usually goes away after about a week. Other expected symptoms include tightness in the inner thigh or calf, bruising, drainage of clear fluid from injection sites, swelling, and a tender mass/knot along the inner thigh.
  - Take four (4) 200mg Ibuprofen (Motrin) three times a day for 5 days. You can get this over the counter at any pharmacy. This will reduce inflammation and discomfort from the procedure. Lower the dose if you experience an upset stomach.
  - Elevate your legs to help relieve any swelling and discomfort. Placing a heating pad on the area of discomfort can provide additional relief.
  
- *Activity/Work*
  - Resume normal activity, including light exercise. Strenuous exercise, straining, standing in one place for long periods of time, and heavy lifting (>10 lbs) should be avoided for 7-10 days following the procedure. Remain active.
  - You may usually return to work in 2-3 days.
  - You will be able to continue to drive the day after your procedure. If you are planning on driving long distances, it is advised to wear compression stockings to prevent a deep vein thrombosis (DVT).

- o You may travel on a plane 2 weeks after your venous ablation procedure. It is advised to wear compression stockings to prevent a deep vein thrombosis (DVT).
  
- *When to contact us*
  - o Contact our office if you develop fever, severe redness, drainage of pus, chest pain, shortness of breath, or severe swelling of the treated leg.
  - o Vanguard Office Phone #: 972-487-1818
    - If you need to reach us after hours, you can call our answering service at the same number. If it is an emergency, the on-call physician will return your call.
  
- *Follow-up exams*
  - o One week after your procedure, you will be scheduled a follow-up ultrasound. This exam will confirm that the treated vein is closed and that there aren't any complications, such as a deep vein thrombosis (DVT).
  - o In one month, a follow-up consultation with the physician will be scheduled.