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## Patient Instructions For Varithena Procedure

**Please bring your compression stockings to the office.**

**Eat a nutritious breakfast/lunch prior to the procedure.** Maintain adequate hydration prior to appointment.

**Shower before your visit.** You must wear compression stockings and wraps for 24 hours after treatment, you cannot take a bath or shower. Keep bandages dry.

**Wear loose fitting, comfortable clothing.** When you arrive home, we ask that you walk for at least 10 minutes daily for the first 28 days after treatment. Moving your legs is important to help prevent blood clots. Reposition your legs often, and try not to stand or sit for longer than an hour at a time.

**Do not remove the bandages and compression stockings applied by your doctor for the first 24 hours.** Remove the post-treatment bandages after 24 hours, but continue to wear a compression stocking for the first 14 days.

For the first 7 days, DO NOT participate in strenuous exercise.

**You may return to work the next day.** Some patients (in more intense occupations) find it helpful to take a day or two off of work.

**Please** avoid flying for 5-7 days and long car trips (>2-3 hours) following the procedure.

**Please** avoid use of iron containing supplements during the first 4-6 weeks of your treatment protocol.

**Please** refrain from hot tubs/swimming for 5 days following the procedure.

**Please** have Motrin/Advil (ibuprofen 200mg-take three tablets every eight hours with food) **OR** Aleve (naproxen 225mg -take two tablets every 12 hours with food) available at home. You will be encouraged to use **ONE** of these medications on a daily basis for 1 to 2 weeks. Please let the providers know if you are already taking a prescription **anti-inflammatory** like **Celebrex** or **Mobic**. Although unusual (<2% of patients), you may require an additional narcotic medication.

**You will be scheduled for an appointment approximately 1 week after the procedure.** A follow-up ultrasound will be performed at that time. Additional procedural appointments will also be scheduled as indicated with your individualized treatment plan.

**Remember:** The IVS Provider team may be reached after hours at 317.348.3020.



**O:** 317.348.3020 | 1.888.Leg.Vein **F:** 317.863.1237

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