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Patient Instructions For VenaSeal Procedure

Please bring your compression stockings to the office. Stockings should be worn during the day for 3-5 days following treatment and may be used as needed for any soreness or swelling that may develop.

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

Shower before your visit. You must wear compression stockings after treatment. You will be able to shower the next day. Steri-Strips will be applied at vein access site(s) and can be removed 4-5 days following procedure.

Please avoid scraping/removing scabs/shaving at vein access site(s).

Wear loose fitting, comfortable clothing. When you arrive home, we ask that you walk for at least three 20 minutes daily for the first 2 days. We typically encourage 1-2 walks a day throughout the treatment period. 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.

You may return to work the same/next day. Some patients (in more intense occupations) find it helpful to take a day or two off of work. For the first 3-7 days, DO NOT participate in strenuous exercise.

Please avoid flying for 48-72 hours and long car trips (>2-3 hours) following the procedure. Please discuss any extended travel plans with the provider team.

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

Please refrain from saunas/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 Dr. Schoonover 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. Inflammation from treatment tends to be most problematic at day 7-10 following initial treatment and compression stockings may also help alleviate this discomfort.

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.

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