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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 and after appointment.

Shower before your visit. You must wear compression stockings and wraps overnight and into the next morning after treatment. Keep bandages dry. Remove the post-treatment bandages in the morning but continue to wear a compression stocking for the first 7-10 days.

Wear loose fitting, comfortable clothing. When you arrive home, we ask that you walk for at least 20 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.

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 5-7 days, DO NOT participate in strenuous exercise.**

Please avoid flying for 5-7 days 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 hot tubs/swimming/saunas for 5 days following the procedure.

Please avoid massages for 2 weeks following the procedure.

Please use sunscreen (SPF 30 or greater) for at least 4 weeks following the procedure with sun exposure.

Please take 81mg Aspirin daily or prescribed blood thinner (if recommended during treatment plan) daily. 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**.

You will be scheduled for an appointment within 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 IVL Provider team may be reached after hours at 317.348.3020.

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