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Supplemental Truncal Saphenous Ablation Post Procedure Instructions

1. Wear your compression stockings overnight **ONLY** the first night of the procedure (Venclose-Radiofrequency ablation, Varithena-Chemical / Non-Thermal Ablation, or Venaseal). Compression should then be worn daily over the next 7 days for 6-8 hours. Remove any gauze and bandages from the treated leg the next morning.
2. If you have Steri-Strips applied (post Venclose or Venaseal), please leave them in place and pat them dry after your shower. Should they fall off within the first 24-48 hours, just place a bandage over the entry site area. Reapply your compression stockings. Wear 6-8 hours throughout the day. You **DO NOT** have to wear compression overnight unless you want to. This is not required past the first night of saphenous ablation procedures / also known as "trunk" treatments.
3. You may return to work the same/following day. Please discuss with the provider if your job is more physical as this may require a day or two off or restricted duties post procedure (Depending on procedure performed/baseline venous presentation).
4. Please limit exercise to moderate walking for 5-7 days post procedure. Please do three 20 minute walks the day of the procedure and 1-2 daily walks of 15-20 mins each day for 1-week post procedure. Stationary bike, elliptical, and low intensity treadmill activities are acceptable. **Intense weightlifting, extended running workouts, or high impact core exercise/activities should be avoided up to 7 days post procedure.** Please discuss with the provider for specific instructions if this applies to you.
5. Avoid flying or long car rides (2-3 hours) for 5-7 days post procedure. Please discuss with the provider team should you have any upcoming trips.
6. Avoid use of iron containing supplements as well as fish oil supplements during the first 4-6 weeks of your treatment protocol.
7. **Please** refrain from hot tubs/swimming/bathtubs for 4-5 days following the procedure. Additionally, refrain from swimming in non-chlorinated water for 4-6 weeks following the procedure.
8. **You may be required to take Aspirin 81mg daily with food throughout your treatment.** (If you are not already on an anticoagulant ("blood thinner")). Please let the provider team know if you cannot take Aspirin. If additional analgesics are required for pain/discomfort i.e. **Tylenol (acetaminophen), Advil/Motrin (ibuprofen), Aleve (naproxen)**, please keep at least a 4-6 hour window between taking Aspirin with any analgesic medications.
9. **For some patients, use of an anti-coagulant ("blood thinner") is indicated for use during the procedures instead of Aspirin. If starting or already taking anticoagulation (i.e. Eliquis / Xarelto / Lovenox / Pradaxa), please refrain from taking Aspirin and NSAIDs (Advil / Motrin / Aleve), Tylenol can still be taken for discomfort if needed.**
10. **If not using anticoagulation-Motrin/Advil (Ibuprofen 200mg - take three tablets every 8 hrs. with food as needed) or Aleve (Naproxen 225mg take 2 tablets every 12 hrs. with food as needed) may be used "as needed" post procedure, but is not required.** Tylenol (acetaminophen) is an acceptable alternative. You will be encouraged to use one of these medications on an "as needed" basis for 1-2 weeks post procedure(s)-**but only needs to be taken if you are in discomfort post procedure(s).** Please let us know if you are already taking a prescribed anti-inflammatory such as **Celebrex or Mobic-this replaces any use of Motrin or Advil.**
11. You will be scheduled for follow up after your procedure(s), usually within 2-7 days of an ablation. A follow-up ultrasound will be performed at that time. Additional procedure appointments may be scheduled according to your individualized treatment plan and applicable insurance guidelines.
12. Topical Arnica gel or cream may also help with resolution of bruising and can be used up to 3 times daily.
13. To minimize post-procedure discoloration with any of the treatments, please use SPF 30 or greater to any treated areas and minimize direct sun exposure for a minimum of 3-4 weeks.
14. If you are using a pneumatic compression pump for lymphedema, we typically recommend holding use for 5-7 days post procedure.

Should you have any questions or concerns please contact the office at 317-348-3020

Patient Name (Printed): _____

Patient Signature: _____ Date: _____