

## VenaSeal™

### Preparation Instructions Before Treatment

- Please arrive 20 minutes prior to your appointment time.
- Take a shower and wash your leg(s) with antibacterial soap (Dial or other brand) on the morning of your procedure.
- Do not shave or use lotion on your leg(s) to be treated 24 hours prior to the procedure to minimize irritation to the skin.
- Wear loose fitting shorts, or very loose pants that you can pull on over the leg bandage that will be placed on after the procedure.
- Please bring or wear a pair of walking shoes with you to your appointment. You will walk for 20 minutes after the procedure.
- **You may bring your Class II thigh high compression stockings (20-30mmHg) with you on the day of the procedure, but it IS NOT REQUIRED WITH THIS METHOD OF THERAPY.**
- You may have a light breakfast the morning of your procedure, including water or juice, however, please **DO NOT** consume caffeine the morning of your procedure or you will need to be rescheduled.
- If you are taking **Aspirin** or **Plavix**, please take your medication as usual. If you are taking **Coumadin, Warfarin, Pradaxa, Xarelto, or Eliquis**, please call the office at 480.747.6532, Ext 179 for specific instructions about holding your medication.
- **It is required that you have someone with you to drive you home.**
- Please review the Patient Informed Consent form and bring it with you. We will review it again and ask you to sign it just before the procedure.

## What to expect After VenaSeal™ treatment

- **Return to Work:** You should be able to return to work a day or two after the procedure
- **Compression:** after VenaSeal™, compressions stockings are not formally required. However, you might find there is some inflammation from the adhesive and support might make your legs feel more comfortable.
- **Showering:** you may shower 8 hours after the procedure. This gives time for the small incision to seal. Do not rub your incision directly. Please refrain from using hot tub/sauna the first week after treatment
- **Pain & Medications:** Some inflammation, tenderness, and bruising is common. It is not uncommon to have slightly more tenderness during the second week after the procedure. Most discomfort can be relieved by over the counter pain relief
- **Exercise & Activity:** You will need to walk every day after your VenaSeal™ procedure: at least 20 minutes day, but preferably an hour a day. Avoid sitting or standing for prolonged periods of time (>20min intervals). You should be able to resume your normal exercise activities within 48 hours; however, please refrain from lifting anything >25# for 4 weeks.
- **Travel:** You will be asked to avoid long flights or car rides (>2 hours of continuous travel) for at least 3-4 weeks after the treatment.
- **Follow up Testing:** An ultrasound check of the treated veins will occur 1 week after the treatment. This is to assess the outcome of the treatment and also to exclude the very low chance of deep vein occlusion.

## Important

- As with any invasive procedures, problems can develop. If you develop an acute fever (more than 100 F or 38 C) or severe or worsening pain/swelling, please call our office immediately.
- It is important that you know and understand your insurance company's guidelines regarding coverage of this procedure. If you have any questions regarding this, please contact your insurance company directly.
- **If you have any questions, please call your doctor's office** at 480-747-6532, or visit their website at [www.cviscottsdale.com](http://www.cviscottsdale.com) or contact the surgery center at 480-506-0484, or visit our website at [epicsurgerycenteraz.com](http://epicsurgerycenteraz.com).