



Deep Venous Intervention Pre-op and Post-op Instructions

Before the Procedure:

The night before the procedure please drink several glasses of water for hydration. You will then have nothing to eat or drink except your medications after midnight. Diabetics on long acting insulin should only take one half of their evening dose.

Take a shower the morning of the procedure and wash your legs with an antibacterial soap. Do not apply lotion, cream or oils.

Wear comfortable loose-fitting clothing.

Please notify us in advance if there is any change in your clinical condition.

A driver will be required to accompany you to the procedure and provide transportation home. You will not be able to drive or operate heavy machinery for 24 hours.

After the Procedure:

Deep venous intervention procedures may take up to 1 hour to perform. Plan on being in our center for 1 additional hour following the procedure for monitoring.

You will have bandages at the access sites that apply light compression. You may remove them in the evening before bedtime and replace them with a small band-aid to cover the puncture site.

You may shower and allow clean water to run over the incision site after 24 hours. Do not soak in tubs, pools etc. for 2 weeks. Please resume your normal activities as soon as you are able. Frequent light walking is recommended; however, heavy exercise is not recommended for 1 week.

It is normal to have some light reddish drainage on the first bandage removed. If there appears to be active bleeding, apply light pressure to the site for 15 minutes. If there is continued bleeding call us immediately or proceed to the nearest Emergency Department. Mild bruising at or near the puncture site may occur. Please call us immediately if the bruising gets larger or feels firm.

Cramping lower back pain is normal. This pain may be referred to the front of the abdomen. You will receive a prescription for pain medication on discharge. If your pain gets worse and not better call us immediately or proceed to the nearest Emergency Department

A physician is available on call 24 hours a day. Please call our office if you experience significant leg swelling, fever, chills, bleeding, foul smelling drainage or worsening tenderness.

