



Venaseal Pre-op and Post-op Instructions

Before the Procedure:

The night before the procedure please drink several glasses of water for hydration. Please have a light breakfast the day of the procedure as sedation will not be used.

If you are able to tolerate Ibuprofen. The day before the procedure take 1 ibuprofen in the morning, 1 ibuprofen at noon and 1 ibuprofen before bedtime.

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.

A driver will be beneficial but not required to accompany you to the procedure and provide transportation home.

After the Procedure:

The Venaseal procedure usually takes 20 minutes. Plan on being in our clinic for 1 to 1 ½ hours total.

For 2 days after the procedure take 1 ibuprofen in the morning, 1 ibuprofen at noon and 1 ibuprofen before bedtime.

You may remove the dressing in 24 hours.

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.

Mild bruising, soreness, sensory changes, and a tightness or a pulling sensation along the path of the vein are normal and may be treated with Aleve and/or Tylenol and warm compresses.

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.

You will have a follow up ultrasound several days after the procedure to document the closure of the vein. A follow up appointment will also be made prior to discharge.

Please call our office if you experience significant leg swelling, fever, chills, bleeding, foul smelling drainage or worsening tenderness. Significant redness and or extreme discomfort may require a short dose of steroid to reduce inflammation.

