



Venous Ablation 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 that will fit over the compression hose/Ace wrap.

Remember to bring your compression hose with you as it will be applied after the procedure.

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:

The vein closure procedure usually takes 15 minutes. Plan on being in our clinic for 1 to 1 ½ hours total.

You will wear your compression hose on the treated leg continuously for the first 24 hours. For the next 2 weeks, compression hose will be worn from the time you wake up until bedtime.

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.

It is normal to have some light drainage along the path of the vein for the first 24 hours.

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 Motrin 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.

