



## **Patient Instructions For Varithena Procedure**

- Shower before your visit. You must wear compression stockings and wraps for 48 hours after treatment; you may not take a bath or shower during this time. Keep bandages dry.
- Wear loose fitting, comfortable clothing. When you arrive home, we ask that you walk for at least 10 minutes daily for the first 28 days after treatment. Moving your legs is important to help prevent blood clots. Reposition your legs often and try not to stand or sit for longer than an hour at a time.
- Do not remove the bandages and compression stockings applied by your doctor for the first 48 hours. Remove the post-treatment bandages after 48 hours and you may shower at that time, but continue to wear a compression stocking for the first 14 days.
- For the first 7 days, DO NOT participate in strenuous exercise.
- You may return to work the next day. Some patients (in more intense occupations) find it helpful to take a day or two off of work.
- Please avoid flying for 48-72 hours and long car trips (>2-3 hours) following the procedure.
- Please discuss any long term travel plans with Dr. Hearn.
- Please refrain from hot tubs/swimming for 5 days following the procedure.
- Please have Motrin/Advil (ibuprofen 200mg-take three tablets every (6) hours with food) OR Aleve (naproxen 225mg -take two tablets every (12) hours with food) available at home. You will be encouraged to use ONE of these medications on a daily basis for 1 to 2 weeks. Please let Dr. Hearn know if you are already taking a prescription anti-inflammatory like Celebrex or Mobic.

You will be scheduled for an appointment approximately 1 week after the procedure. A follow-up ultrasound will be performed at that time. Additional procedural appointments will also be scheduled as indicated with your individualized treatment plan.

**Remember: Dr. Hearn and his team may be reached at (513) 232-2400**