THE
VEIN CENTER
OF CINCINNATI

Patient Instructions For VenaSeal Procedure

Eat a nutritious breakfast/lunch prior to the procedure. Maintain adequate hydration prior to appointment.

Shower before your visit. You must wear compression stockings after treatment. You will be able to shower the next day.

Please avoid scraping/removing scabs/shaving at vein access site(s).

Wear loose fitting, comfortable clothing. When you arrive home, we ask that you walk for at least three 10-20 minutes daily for the first 2 days. We typically encourage 1-2 walks a day throughout the treatment period. 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.

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. For the first 3-7 days, DO NOT participate in strenuous exercise.

Please avoid flying for 48-72 hours and long car trips (>2-3 hours) following the procedure.

Please discuss any extended 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***. Inflammation from treatment tends to be most problematic at day 7-10 following initial treatment and compression stockings may also help alleviate this discomfort.

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.

Please do not hesitate to call the practice for any questions not addressed on this form