



### **VENASEAL ("GLUE") - PATIENT INSTRUCTIONS**

#### About your procedure:

- VenaSeal is medical adhesive (glue) that will seal a diseased, dysfunctional vein closed (ablation).
- There will be a small injection of lidocaine to start an IV into the vein that is to be treated.
- The specially formulated medical adhesive is placed in the diseased vein via a small catheter under ultrasound guidance.
- Once the vein is closed, blood is naturally rerouted to healthy veins which improves venous circulation.

#### Before your procedure:

- Shower prior to arrival and abstain from applying lotion to the treatment areas on procedure day.
- Wear loose comfortable clothing and footwear. Bring your compression stockings.
- Eat a healthy, nutritious meal. Hydrate well and avoid or minimize caffeine consumption.

#### After your procedure:

- Compression is not mandatory following the venaseal procedure, but can be beneficial.
- Leave any steri-strips in place for 4 days or until they come off on their own.
- Walking is encouraged. Walk daily for 10-20 minutes until your follow up appointment.
- There are no restrictions on normal activities of daily life.
- Elevating your legs periodically (every 1-2 hours) for 5-10 minutes is beneficial.
- You can shower the day after your procedure.
- Avoid strenuous lifting and exercise for 1 week.
- Avoid flying and long car trips for 1 week following procedures. Discuss travel plans with your provider.
- Avoid swimming, hot tubs, and prolonged submersion of treated legs for 5 days.

#### What to expect following your procedure:

- Bruising, tenderness, soreness and mild to moderate symptoms are common following procedures.
- Occasionally treated veins can become hardened or inflamed with redness (called phlebitis). While painful, this is not unusual. Treat symptoms with warm compresses, over the counter pain medication, and comfortable compression therapy.
- Use Tylenol and Ibuprofen for symptoms of pain or discomfort.
- A sensation of "tightness", not dissimilar to muscle soreness, can occur 1-2 weeks following the procedure.
- Some may experience delayed redness, irritation and discomfort overlying the treatment area approximately 7-10 days later. This is treated with over the counter anti-inflammatories and/or tylenol.
- You should follow up approximately 1 week following your last procedure with an ultrasound.
- Areas of phlebitis, discoloration and bruising can be treated with lotions containing arnica.

**\*\*\*You may receive modified instructions based on your individual case, symptoms, and circumstance.**

**Please reach out to the office with any questions or concerns at 513-232-2400. \*\*\***

7426 Beechmont Avenue • Suite 212 • Cincinnati, OH 45245  
Tel (513) 232-2400 • Fax (513) 232 2401 • [www.CincyVeins.com](http://www.CincyVeins.com)