

# VNUS Procedure/Radiofrequency Ablation Pre-Op/Post-Op Instructions

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## Before Your Procedure:

- Arrange for someone to drive you home following the procedure
- Clothing- bring a pair of loose, comfortable shorts to wear during your treatment. Dress in loose clothes and comfortable shoes.
- You will be receiving a local anesthetic/and an oral sedative during surgery and will not be able to drive home following the procedure. **Please arrange for someone to drive you home.** You will be in the office approximately 2 hours. The actual procedure itself takes only about one hour.
- Shave the operative leg the night before your surgery.
- Do not come to the office on an empty stomach. You will not be having general anesthesia. We encourage you to have a small meal 1 to 2 hours prior to arriving at the office.
- **Do not use any aspirin products for four (4) days prior to having the procedure. If you are on blood thinners please notify us immediately so we can speak with your primary Doctor and determine a course of action.**
- Again, feel free to call the office if you have any questions. ***Please bring your compression hose to all appointments.***

## After Your Procedure:

- Return to normal activities
- Ambulate at frequent intervals, at least 30 minutes daily
- Wear compression bandage (but you can remove dressing underneath) for 72 hours followed by compression stockings for at least 2 weeks; 3-4 weeks preferred
- You may have some discomfort following surgery. Some patients find it helpful to take a day or two off of work, although we expect you to be able to resume all your pre-procedure activities (including work) the following day, if necessary. We will prescribe a prescription for pain medicine to be used as needed. **If you are having extreme discomfort or bleeding notify the office immediately.**
- ***Avoid prolonged sitting or standing in one place for the first week and elevate your legs at least 3 times a day for 5-10 minutes.*** Avoid strenuous exercise such as aerobics, weight training, bicycling or running for 2 weeks
- Take analgesics as needed per physician's orders
- Return for follow-up ultrasound within 72 hours
- Return for periodic ultrasound follow-up

## Phlebectomy Pre-Op Instructions

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- You will be receiving a local anesthetic/and an oral sedative during surgery and will not be able to drive home following the procedure. **Please arrange for someone to drive you home.** You will be in the office approximately 2 hours. The actual procedure itself takes only about one hour.
- Shave the operative leg the night before your surgery.
- **Do not use any aspirin products for four (4) days prior to having the procedure. If you are on blood thinners please notify us immediately so we can speak with your primary Doctor and determine a course of action.**
- Do not come to the office on an empty stomach. You will not be having general anesthesia. We encourage you to have a small meal 1 to 2 hours prior to arriving at the office.
- You may have some discomfort following surgery. Some patients find it helpful to take a day or two off of work, although we expect you to be able to resume all your pre-procedure activities (including work) the following day, if necessary. We will prescribe a prescription for pain medicine to be used as needed. **If you are having extreme discomfort or bleeding notify the office immediately.**
- We would like you to continue to keep moving and maintain a normal level of activity. Walking twice daily for 20 minutes is encouraged and promotes speedy healing.
- ***Avoid prolonged sitting or standing in one place for the first week and elevate your legs at least 3 times a day for 5-10 minutes.*** Avoid strenuous exercise such as aerobics, weight training, bicycling or running for 2 weeks.
- Again, feel free to call the office if you have any questions. ***Please bring your compression hose to all appointments.***

## Phlebectomy Post-Op Instructions

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- When you leave the office you will have a dressing in place covered with compression hose. You will keep this dressing on for 3 days. The dressing must stay dry. Please cover the leg with a large plastic bag for showering, or take sponge baths.
- You may have several areas on your dressing where blood has soaked through. Some bleeding and oozing is normal. **Do not be alarmed.** If the bleeding continues and dressing becomes soaked call the office. We will change the dressing if needed.
- You may have some discomfort following surgery. We will prescribe a prescription for pain medicine to be used as needed. After the first day or two, an over the counter anti-inflammatory such as Motrin should relieve any discomfort you may be experiencing. ***If you are having extreme discomfort or bleeding notify the office immediately.***
- We would like you to continue to keep moving and maintain a normal level of activity. Walking twice daily for 20 minutes is encouraged and promotes speedy healing.

- After three days, you may remove the dressing by unwrapping it. Under the wrap will be 4x4's which may also be removed. When the outer dressing is removed ***you will notice a significant amount of bruising, this is to be expected.*** There will be steri-strips covering the small incisions where the vein was removed. These stay in place, do not remove them.
- After the dressing has been removed, you may shower and wash the leg as normal. After several showers, the steri-strips will begin to come loose and you may remove them after one week.
- After removing the dressing, you are to continue wearing the compression hose for another ten days, removing them to shower and sleep.

## Sclerotherapy Pre-Op Instructions

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- Leg Preparation- do not use oil, lotion or powder on your legs the night before or the day of your injections.
- Clothing- bring a pair of loose, comfortable shorts to wear during your treatment. Dress in loose clothes and comfortable shoes.
- Medications- you should avoid the use of aspirin and/or ibuprofen for a few days before and after the treatment if possible. The use of these medications could increase the amount of bruising you may develop.

## Sclerotherapy Post-Op Instructions

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- Compression Hose- these are required to be worn immediately after each treatment or if you have had aspiration of trapped blood from an injected vein. Hose can be purchased at our office, we recommend thigh or pantyhose style with 20 to 30 Hg compression. The hose should be worn for 24 hours, and then worn daily during the waking hours for 3 more days. The compression hose are critical to the success of the treatment.
- Driving- you may drive immediately after your treatment. If your trip home is more than an hour, we recommend that you stop hourly to stretch your legs.
- Bathing- remove compression hose and shower the next day. Hot tubs and hot baths should be avoided for two weeks after sclerotherapy to avoid venous dilation.
- Activities- you may return to work and resume normal activity after treatment. Avoid high impact aerobics, jogging, running, leg weight lifting and sit-ups for one week after treatment.
- Follow-up-if you notice dark knots at your injection site, please call our office. You may need to return to have these areas aspirated.