



Vein Ablation Pre & Post Procedure Instructions

Before your procedure

- Drink plenty of water the evening before and day of procedure. No alcoholic or caffeinated beverages.
- Make sure you shower and scrub your feet and legs with antiseptic soap.
- On the day of your procedure, please wear comfortable clothes and slip on shoes. You will change into medical gown or shorts for the procedure.
- **DO NOT wear your compression stockings for 5-7 days leading up to the procedure.**
- If you want anti-anxiety medication, please inform the office before your procedure. The nurse or physician will let you know when to take it.
- Secure a “designated driver” to chauffeur you to and from the procedure

During your procedure

- To minimize discomfort, you will have injection of local anesthetic where the physician will access the vein. Similar to an IV access.
- Once the area is numb, using ultrasound imaging, a small catheter will be inserted and placed in specific areas along the diseased vein, you may feel some mild sensation of pulling or tugging.
- Once catheter is in place, you will have a local anesthetic placed along the vein being treated.
- After diseased vein is treated, your leg will be wrapped with a compressed bandage.
- You may bring and use an IPAD or personal music player to help you relax during the procedure.

After you procedure

- Resume normal activities. It is important to stay active and moving throughout the day.
- Your leg will be bandaged when you leave the office. Compression must be applied to your leg following the procedure. Leave the bandages on until the day of the follow-up scan.
- You may experience some leaking from the injection sites that causes the bandages to become wet. In this situation, you can remove the bandages and put on your compression stockings immediately.
- Compression stocking must be worn for 6 weeks from 7am-7pm. keep your legs elevated during the evening.
- Walking is the prescribed post-procedure treatment for your leg.
- Walking speeds the recovery process; it keeps your leg from becoming “stiff” and reduces the potential of development blood clots. Walk for 30 minutes daily.
- Avoid sitting or standing still for prolonged periods of time, and avoid lifting heavy objects.
- It is normal to experience some tenderness or soreness in your leg and some mild bruising.
- A tethering or pulling sensation is common and will go away over time.
- Please take ibuprofen (Motrin, Advil) as appropriate to help alleviate the discomfort and as needed.

Call IMMEDIATELY if you experience any of the following:

- Prolonged tenderness, redness or warmth along the treated site
- Moderate to severe pain preventing return to normal activities
- Shortness of breath or chest pain
- Increased swelling in the treated limb
- Bleeding