



CENTER FOR  
VARICOSE VEINS

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## Patient Instructions For Varithena Procedure

**Eat your normal breakfast/lunch and shower prior to the procedure.** Maintain adequate hydration prior to and after the appointment.

**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.

**You may remove the bandages and any compression wraps applied by your doctor by the end of the day.**

**Compression stockings** are helpful for any pain or swelling that might occur with treatment. They should be worn overnight for the first night after the procedure and then during your waking hours for the following 3 days.

**You may return to work the same day.** Some patients (in more intense occupations) find it helpful to take a day or two off of work.

**Exercise** may be resumed right away. Normal exercise is encouraged. If you plan to do anything that is very strenuous, speak to Dr Madan about this.

**Please** avoid flying for 5-7 days and long car trips (>2-3 hours) following the procedure.

**Please** refrain from hot tubs/swimming for 7 days following the procedure.

**Please** have Motrin/Advil (ibuprofen 200mg-take three tablets every eight hours with food) **OR** Aleve (naproxen 225mg-take two tablets every 12 hours with food) available at home. You may need to use **ONE** of these medications on a daily basis for 1 to 2 weeks. Please let the providers 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 to check for blood clots (which can happen in less than 0.2% of cases). Additional procedural appointments will also be scheduled as indicated with your individualized treatment plan.

**Remember:** The Center for Varicose Veins Provider may be reached at **203.762.6365**