



CENTER FOR
VARICOSE VEINS

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Patient Instructions For Endovenous Thermal Ablation

If you are on blood thinning medication (i.e. Plavix or Coumadin) please notify us (the risk is increased bruising). If pain medication is needed before the procedure, please take only Tylenol.

You will be in the office for approximately 90 minutes. The procedure itself is around 30 minutes or less.

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

Bandages will be applied the day of the procedure and may be removed that evening. You will be able to shower following your procedure.

Do not soak the leg (hot tubs/swimming/sauna) for 7 days after the procedure.

Wear loose fitting, comfortable clothing. When you arrive home, we ask that you complete two separate 20 minute walks during the day of the procedure and 1-2 walks a day for the following week. It is normal to notice a small amount of fluid drainage on the bandages following the procedure (in the initial 24 hours). This is the anesthetic. Your leg may also feel “tight” and some bruising and discomfort is expected for a few days to weeks afterwards.

Compression stockings should be worn to bed the night of the procedure and then during the days for the following week. Compression helps with discomfort or swelling that may occur after the procedure.

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. Normal exercise is encouraged. Speak to Dr. Madan for instructions regarding higher impact exercise such as running or weightlifting.

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

Motrin/Advil (ibuprofen 200mg-take three tablets every eight hours with food) or **Aleve** (naproxen 225mg -take two tablets every 12 hours with food) may be used for any discomfort. You may need to use these medications on a daily basis for several weeks. Please let the provider team know if you are already taking a prescription **anti-inflammatory** like **Celebrex** or **Mobic**. Although unusual (<2% of patients), you may require an additional narcotic medication.

You will be scheduled for an appointment 3-7 days after the procedure. A follow-up ultrasound will be performed at that time to check for blood clots (can happen in approximately 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**