

PRE-OPERATIVE INSTRUCTIONS VARITHENA

Varithena is an outpatient procedure that involves using a chemical foam to treat the vein that has failed. As a result of this procedure, the vein will close and eventually disappear, allowing blood to divert to healthy veins in the leg.

How long will the procedure take? An appointment for Varithena treatment takes approximately 30 minutes to 1 hour, though it may require more or less time.

What can I expect before, during and after the procedure? The procedure is performed in our outpatient office.

During the procedure a chemical foam is injected into the problematic vein and the procedure causes little or no pain. You are encouraged to tell your doctor if any pain occurs so more local anesthesia can be administered.

After the procedure, you may resume most normal activities immediately. Most patients are able to return to work within 1- 2 days after their appointment.

Day of Procedure Preparation Please read all instructions as part of preparing for your appointment:

1. Refrain from shaving your legs the morning of the procedure. This will reduce the risk of razor burn irritation from the sterilizing wash.
2. Take all regular medications the day of the procedure.
3. Fasting is not required; eat a light to normal breakfast or lunch.
4. You may bring an iPod or headset if you'd like to listen to music during the procedure.
5. Prepare to bring or wear underwear (preferably high cut) that you are willing to have stained. You may want a second pair to change into after the procedure is over.
6. You will need to have compression stockings available for use after the procedure. You may purchase them through us the day of the procedure. However, we recommend that you have them available prior to your procedure day.

8. Drink as much fluid as possible 24 hours prior to the procedure. Drink 3-8 oz glasses of water or juice the morning of the procedure.

The Procedure

1. Once you arrive for your appointment at our center, in the room, you will remove your skirt/pants/shorts, socks, and shoes and be prepped in a sterile gown.
2. Your leg will be cleansed with a cleaning solution and you will be draped for the procedure.
3. A needle will be placed in the problematic vein, usually at or around the level of your ankle up to your knee.
4. Under Ultrasound guidance, the chemical foam will be injected along the vein.. There should be little or no discomfort.
5. You will be asked to pump your foot for a couple of minutes as the foam is traveling through the veins.
6. After the procedure is complete, your leg will be cleansed by our staff and we will put your compression stockings on. You will be discharged home immediately after the procedure with after care instructions.

If you have any questions or concerns about your radiofrequency ablation of the greater and small saphenous vein procedure, please call our office at 614-917-0696.

POST VARITHENA INSTRUCTIONS

1. You have had a VARITHENA ABLATION procedure of your RIGHT / LEFT leg.

2. Recovery from VARITHENA ABLATION is usually trouble-free. It is normal to feel a tightening sensation in your leg after a couple of days, and it may last for a few days. The treated area may also be slightly tender to touch for a few days. It is also normal to experience the following symptoms during the next 2-3 days: a. Mild pain b. Cramping c. Bruising d. Swelling

3. The treated area may be somewhat tender, discolored (red-purple) and you may have some bruising lasting 2-3 weeks.

4. You may have numbness or tingling at the treated site. This should only affect the skin and not the muscle function of your leg. This usually resolves, but can last for several months.

5. Your leg was wrapped with a compression bandage, absorbent pads, and steri-strips. Please remove pads the day after the procedure and put on your compression stockings that morning. You should wear your compression stockings all day and night for 3 days then while upright during normal daily activities for 3 weeks. You may take them off to shower and when in bed at night. During this time, continue to avoid hot tub baths.

6. You should keep your leg elevated when sitting or lying during this 48 hour period. You may also apply ice to the leg to help with swelling/discomfort.

7. The day after the procedure, you may resume your normal medications. If you are experiencing pain or discomfort, you can take Motrin or Tylenol as needed for pain every 6 hours unless otherwise directed by your primary care physician.

8. During the next 3 weeks, avoid prolonged periods of standing. It is better to walk or sit. Walking a minimum of 30 minutes every day is very important. However, you should avoid hot tub baths, swimming, vigorous exercise, jogging, sit ups, leg lifts, squats, or lifting over 15 pounds for 7 days following the procedure. This could cause the vein to re-open.

9. It is advised that you do not travel on an airplane until you have completed your post procedure Ultrasound. If there is an emergency and you must fly prior to your ultrasound, please call the office immediately.

Notify your primary physician IMMEDIATELY if any of the following occur:

- Fever of 100 ° F (38 ° C)
- Lightheadedness, dizziness, or feeling faint
- Difficulty breathing, shortness of breath, pain with breathing, or chest pain
- Increasing pain in leg
- Persistent bleeding or excessive swelling in the leg
- Progressive area of redness, warmth, blisters, or drainage in the leg
- Persistent itching or rash in leg
- Lump formations
- Leg numbness
- Blue or cold feet

Follow-up Care: You will be asked to get an ultrasound 3 days following the procedure and then 2-3 weeks for a follow up appointment with the doctor after procedures are completed.

Date of scheduled Ultrasound Study: _____

These post operative instructions were reviewed with me prior to discharge, and I understand the expectations of my physician. I understand I must call the office immediately if any unexpected side-effects arise.

Patient Signature _____

Staff Signature _____

Date ____/____/____