

PRE-OPERATIVE INSTRUCTIONS VENASEAL

Venaseal of a vein is an outpatient procedure that involves using a medical glue. 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 venaseal vein treatment takes approximately one to two hours, 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 local anesthetic is used, and for most patients, 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 Venaseal Procedure

1. Once you arrive for your appointment at our center, you will remove your pants, socks, and shoes and be prepped in a sterile gown.
2. Your leg will be cleansed with a cleaning solution to the groin and you will be draped with a sterile drape and prepped for the procedure.
3. A needle will be placed in the problematic vein, usually at or around the level of your knee, or in the middle section of the back of your calf. You will be given a local anesthetic during this part of the procedure that will cause a burning sensation.
4. Under Ultrasound guidance, an ablation catheter will be threaded up to the highest point of venous insufficiency. There should be little or no discomfort. The area to be treated will then be fully anesthetized with a solution called tumescent anesthesia. This will be given through a series of small injections that may be mildly uncomfortable.
5. The venaseal solution will be injected into the problematic vein.
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 VENASEAL DISCHARGE INSTRUCTIONS

1. You have had a VENASEAL ABLATION procedure of your RIGHT / LEFT leg.
2. Recovery is usually trouble-free. Your access site may be sore for next few days. It is also normal to experience the following symptoms during the next 2-3 days:
 - a. Mild pain
 - b. Redness over treated area

- c. Bruising
- d. Swelling
- e. Cord-like/hard area over treated vein

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. You may remove the steri strips 5 days after the procedure. If they fall off on their own, apply a bandaid to the site.

6. You should take one (1) Benadryl (diphenhydramine 25 mg tablet) or one (1) Claritin (Loratadine 10mg tablet) the night of the procedure (for adverse reaction).

7. Walking every day is very important.

a. You should walk a minimum of 30 minutes per day. However, you should avoid lifting over 15 pounds for 7 days following the procedure. This could cause the vein to re-open.

b. You should walk twice per day for 30-minute periods for the first week.

8. You may resume your normal medications. However, if you take any blood thinning medications, such as anticoagulants, aspirin, or NSAIDS (unless directed by us) refrain from taking them for 24 hours post procedure.

Notify your primary physician if any of the following occur and proceed to nearest Emergency Room:

- 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 come back 3 days later for an ultrasound and then 2-3 week follow up after that with the doctor.

Date of next 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 ____/____/____