

Pre and Post Procedure Instructions Deep Vein Therapy (Venogram/IVUS/Thrombectomy/Stent)

Pre Procedure Instructions

- Do not eat or drink anything 6 hours before your procedure.
- Please do take your normal medications EXCEPT **Metformin**. If you are on blood thinners please take them with water unless directed otherwise by your doctor.
- Please bring all your medications to your visit.
- You can take a shower prior to arriving or the night before but do not shave your legs or groin area
- Please anticipate a 5-6 hour stay with us.
- Please arrange for transport home as you will not be able to drive after the procedure.

Post Procedure Instructions

- **IF** you have a stent placed you **must** be on an anticoagulant (Lovenox, Eliquis, Warfarin) for 6 months following your procedure unless otherwise instructed by Dr. Murthy. **Please call our office if for any reason you are unable to obtain your anticoagulant medications at (904)895-5400.**
- The morning after your procedure, you may take the dressing off. The easiest way to do this is when you are showering, get the tape and dressing wet and remove it.
- After the bandage is removed, cover the area with a small adhesive bandage. It is normal for the catheter insertion site to be black and blue for a couple of days. The site may also be slightly swollen and pink, and there may be a small lump (about the size of a quarter) at the site.
- Wash the insertion site at least once daily with soap and water. Place soapy water on your hand or washcloth and gently wash the insertion site; do not rub.
- Keep the area clean and dry when you are not showering.
- Do not use creams, lotions or ointment on the wound site.
- Wear loose clothes and loose underwear.
- Do not take a bath, tub soak, go in a Jacuzzi, or swim in a pool or lake for one week after the procedure.
- You may experience some back pain up to 4-7 days following your procedure. In rare cases the back pain may persist for up to 3 weeks.
- Have a follow up ultrasound within 2-4 weeks following your procedure.

Activity Guidelines

Please get up and move around the day following your procedure.

Do not strain during bowel movements for the first 3 to 4 days after the procedure to prevent bleeding from the insertion site.

- Avoid heavy lifting (more than 10 pounds) and pushing or pulling heavy objects for the first 5 to 7 days after the procedure.
- Do not participate in strenuous activities for 5 days after the procedure. This includes most sports - jogging, golfing, play tennis, and bowling.
- You may climb stairs if needed, but walk up and down the stairs more slowly than usual.
- Gradually increase your activities until you reach your normal activity level within one week after the procedure.

Bleeding is rare, but if it does happen, remove all of the dressing over the site. Use a clean compress (clean gauze, wash cloth) to apply pressure directly on the site. If the catheter was inserted at the groin, lie down and apply pressure to the site. Call 911 if the bleeding doesn't stop after 20 minutes.

Call your doctor if you have:

- Pus-like drainage, redness or unusual warmth at the insertion site.
- Feelings of coldness, numbness, tingling or excessive swelling on the insertion site.
- A lump at the insertion site: Golf ball-sized at the groin or grape-sized at knee if your access area was there.
- Extreme pain or swelling at the insertion site.
- Signs of infection: Redness, warmth, drainage at the wound site or a fever (temperature over 101 degrees Fahrenheit).

If you have any questions or concerns when you go home please feel free to call us at (904)895-5400.