

Pre and Post Op Instructions for Venous Closure (Venaseal/Radiofrequency Ablation)

Pre-Operative Instructions

Getting back to normal is easy when you follow these procedure prep instructions for your radiofrequency treatment.

- Drink plenty of water prior to arriving the day of the procedure to ensure you are well hydrated.
- Wear loose, comfortable clothing, such as long pants, shorts, or a skirt.
- Undergarments may get stained, as the doctor preps the entire leg including the groin area.
- Jobs which require a high degree of physical activity such may require an additional 1-2 days off work, however many patients are able to go back to work that same day.
- If you have been prescribed a sedating medication by our providers before the procedure (Ativan, etc) **please take it 30 minutes before your scheduled procedure, and please arrange transport to and from the procedure.**

Post Procedure Instructions

- Please do not remove ACE wrap for 24 hours post procedure, you can shower after this 24 hours is over. **Compression stockings should be worn for the next 5 days daily.**
- Take ibuprofen 600mg every 8 hours for pain control for 48 hours. If you can't take ibuprofen you can take Tylenol 1000mg every 6 hours.
- Walk 10 minutes every hour or more the day of, and the 2 days following the procedure.
- Avoid situation where you would need to sit for more than 2 hours post procedure. (Long plane or car rides for the first 3 days). If you must travel please walk every hour.
- Please Abstain from
 - lifting more that 20lbs for **3 days** as straining can reopen the closed vein.
 - jacuzzis/pools/long baths for **1 week** as this can increase risk of infection.
 - sun tanning or exposing your leg in prolonged sun exposure for **1 week**.
 - High intensity exercises like running, weightlifting, or cycling for **3 days**
- Some patients can bleed after the procedure please apply light pressure with a towel and hold the pressure **without looking** for 20 minutes.
- **Please be sure to make your post procedure ultrasound appointment as we need to rule out the very unlikely chance of a blood clot that can occur with this procedure.**
- If there is significant redness which is a change from how your leg looked prior to the procedure or discomfort that is not being controlled by ibuprofen/tylenol **please give us a call or text us at (904) 895-5400.**
- Complications after a venous closure/ablations occur at a low rate by experienced operators. If you are one of the rare people who have this complication, rest assured we are here for you.