

SOUTHLAKE VEIN CARE

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Post Operative Instructions: VenaSeal Closure

- **COMPRESSION STOCKING:**
 - Compression stocking use is NOT required after a Venaseal Closure procedure, but a compression stocking may provide some relief from the post-procedure inflammation or if you have swelling.
 - We recommend using compression stockings on an “as needed” basis after a Venaseal Closure procedure, for comfort or if you have swelling.
- **MEDICATIONS:**
 - Begin taking **Aspirin 81mg** once daily starting the day before your first procedure and continuing for 6 weeks after your last procedure.
 - DO NOT TAKE Aspirin IF:
 - You are allergic to aspirin or are already taking a blood thinner (Xarelto, Eliquis, Coumadin, etc).
 - **Naproxen (Aleve):** 1 tab (220 mg) every 12 hours for 10 days after each VenaSeal
 - RECOMMENDED TO TAKE FOR 10 DAYS EVEN IF NO PAIN IS PRESENT
 - DO NOT TAKE Naproxen (Aleve) IF:
 - You have kidney problems
 - You are already taking a Non-Steroidal Anti-Inflammatory medication (NSAID) daily
 - You have allergies to Aspirin, Naproxen or other NSAIDs
 - **Tylenol (Acetaminophen):** 2 tabs every 4-6 hours as needed for discomfort
 - For use in those who cannot take NSAIDs and also for breakthrough pain while taking Aleve
 - **Following your procedure, take Benadryl: 1 tab (25 mg) each night before bed for 5 days**
- **EXERCISE & ACTIVITY:**
 - You may bathe the day after your procedure.
 - You may resume your normal activities immediately after your procedure.
 - We recommend frequent walking (10-15 minutes, 2-3 times a day) in the days following your procedure.
 - Avoid heavy lifting (nothing over 20 lbs) and strenuous exercise (aerobics, weight training, running on pavement, etc.) for 1 week.
 - Avoid lengthy (more than 3 hours) automobile or air travel for 72 hours after procedures, to minimize the risk of complications.
- **WHAT TO EXPECT:**
 - Common post-procedure findings include bruising, inflammation, tenderness, tingling, pulling sensations and darkening of the skin along the path of treated veins. These typically improve with time.
- **WHEN TO CALL:**
 - Call us if you notice increasing redness around an incision, increasing swelling, uncontrolled pain or bleeding.
- **FOLLOW-UP:**
 - We would like to see you back within 7 days post treatment for an ultrasound and to continue any other recommended treatment as needed.