The Vascular Institute by Teton Radiology

VenaSeal Post-Procedure Instructions

- **Day of Procedure:** When home, keep your leg elevated when sitting. Resume normal activities except as mentioned below.
  - **Activity:** Resume your normal activities.
  - **Driving a car:** Yes, except when taking Tramadol (Ultram). **(Get out and walk hourly if traveling.)**
  - **Returning to work/school:** Whenever you feel comfortable and able.
  - **Active sports or aerobic exercise:** Do what feels comfortable.

Medication(s)	Dose	Time	Instructions
□ Ibuprofen (unless you already take an anti-inflammatory like Aleve)	800 mg	3 times a day	Take with food for **10 days** (if stomach gets upset, you may take ½ a tablet, or 1 tablet, every 12 hours)
□ Tramadol (Ultram)	50 mg	Every 4-6 hrs	As needed for pain (maximum of 8 tablets per day)

- **Special Instructions:**
  - **Compression hose:** If you had any phlebectomy with your VenaSeal, wear your compression hose for 3 days for 24 hours/day, then daytime 7 additional days. You may find it beneficial to wear compression hose during the daytime, even if you only had VenaSeal. If you have swelling, please contact us and wear your hose during the day until your 3-week check.
  - **Lumps and bumps:** Expect "lumps and bumps" where varicosities were. You may have some deeper varicose veins that clot as a result of the treatment. They are not dangerous. It will feel like marbles or peas underneath your skin. It may take months for those areas to soften and fully resolve.
  - **Phlebitis (clotted veins that cause inflammation):** You may get areas of redness, heat, and tenderness over firm, hard clotted veins. This may happen after the course of ibuprofen. If this occurs, you may want to restart the ibuprofen and wear your compression hose. Moist, warm heat to the area and elevation may also prove helpful.
  - **Steri-strips:** Flat adhesive paper tape is placed over entry sites. Leave them on until they fall off by themselves for the first 7 days unless you get blistering.
  - **Blistering:** If you notice any blistering along or under the steri-strip, get the strip wet and carefully remove it. Apply Neosporin or triple antibiotic ointment over the blister.
  - **Lotions:** Apply lotions as desired after entry sites have healed.
  - **Pain:** You may experience slight discomfort such as aching or throbbing for the first 1-2 weeks after the treatment. Walking will help dissipate the sensation. If you have pain unrelieved by ibuprofen, please contact our office
  - **Itching:** If you develop itching or irritation along your VenaSeal treated vein, please contact our office.
  - **Call the office (208) 524-7237 or after hours (208) 390-2457 if you have any questions or problems.**

If you have an emergency, go directly to the nearest emergency room or call 911. Do not wait to contact our staff.

U/S appointment: _____ **Leg procedure:** _____

3-week appointment: _____

I understand the above information

_____ _____
(Patient or family member's signature) Date (Patient Name – please print or place sticker)

Reviewed with me by

_____
(Nurse) Date

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