



Venaseal™ Post Procedure Instructions

What to expect

- Recovery from Venaseal™ closure procedure is usually trouble free. Typical symptoms resolve in 2-3 days and include:
 - Mild soreness at the vein access site
 - Mild discomfort, bruising or swelling along the treated vein
 - Redness over the treated area
 - Firm or cord-like area over the treated vein

Activity post-procedure

- Routine activities such as walking, grocery shopping, stairs and light exercise (treadmill, cycling, aerobics, yoga, etc..) can be resumed immediately following the procedure
 - **You should walk a minimum of 30 minutes daily** (2-3 times 15 minutes each) for the first week following the procedure
- Avoid strenuous activity or heavy lifting (greater than 10-15lbs) for 7 days following procedure
- **Avoid** soaking in a hot tub, hot bath, Jacuzzi etc.. for **7 days** following the procedure

Post-procedure dressing care

- After 24 hours you may remove any bandages and shower.

Post-procedure discomfort or concerns

- For discomfort, you may take any NSAID (ex. **Motrin 600mg**) every 8 hours. Continue Motrin for 3-4 days post-procedure as needed to decrease the inflammation. If you are unable to take Motrin, you can take Tylenol.
- You may notice several "**lumps**" after the procedure. These may or may not be tender, and may appear red or pink.
 - Do not be concerned as this occurs in 1/3 of patients after the procedure. They are segments of residual veins with superficial clots that are not dangerous and will resolve. **Apply warm compresses** to these areas several times a day, and start taking motrin twice a day for 3-4 days.
- If you experience oozing/bleeding through your bandages, apply pressure with gauze using 2 fingers and lie down with your legs elevated. This will stop the bleeding almost always. If there continues to be bleeding call 907-339-9455

**For significant bleeding, fevers, signs of infection or any concerns contact your physician or go to the nearest emergency room.*

Post-procedure travel

- Wait **1 week** before flying or travelling long distances (> 2 hours), unless cleared to travel sooner by your physician.

Follow-up after your procedure

- 3-7 days you will have a scheduled ultrasound imaging visit only
- 10-14 days initial post op visit with a provider

*If any questions, please feel free to contact our office at 907-222-4624