



Post Treatment Instructions – Venaseal™

If numbing medicine was used, it will wear off in a couple of hours. Take 2 over-the-counter ibuprofen (Motrin or Advil) tablets with each following meal and at bedtime with food as needed unless you are taking certain blood thinners. **Please notify your doctor if you have a history of stomach ulcers, gastric reflux, or allergies to pain relievers.**

The Steri-Strip(s) placed over the wound(s) should stay on your leg for two weeks.

The wrap (also known as the dressing) ideally should stay on your leg until the following day. If the wrap starts to slide, or if your foot swells, feels numb, or there is an aching pain or burning sensation in the lower leg, unwrap the dressing, leaving the steri-strip(s) in place, and throw the wrap and gauze away. **If you are wearing a stocking after the treatment**, pull the stocking back up over the steri-strip(s), wearing the stocking for 7 days after the procedure. Most patients will not wear stockings after treatment unless requested by the doctor for your specific condition.

Do not soak in a bath tub, swim, fly on an airplane, or lift objects greater than 30 pounds for the following two weeks. If you need to travel far by car, get out of the car every 2 hours and walk 5-10 minutes.

Begin walking today, and every day after, for at least 30 minutes or 5-10 minutes every hour. You may walk on a treadmill, elliptical cycle, or ride a recumbent bike. Elevate your leg on pillows above your heart when seated if possible to reduce soreness. Avoid strenuous exercise such as high impact aerobics, heavy weight training, and Pilates. These instructions will be the best options to improve muscle circulation and reduce the possibility of developing blood clots. We expect you to resume all of your pre-procedure activities including work. **We would like you to continue to keep moving and maintain a normal level of activity.**

Over the next week, you may bruise and/or feel a tight, pulling sensation temporarily in the treated area due to the vein closing down. If you begin to notice significant itching and redness over the site of the treated vein, you may take Benadryl 50 mg but you should call our office during the day or the on-call physician after hours to notify them immediately for further instructions.

In the unlikely event that you notice blood through the dressing (wrap), do not become alarmed. 1) Elevate your leg above your heart. 2) Apply pressure directly over the bleeding area for 30 minutes. 3) Please contact the office for further instructions. If you notice anything unusual that has not been discussed with you, or if you have any further questions, please call the office, or the on-call doctor after hours immediately. **Our doctors can be reached after hours on the**



CAROLINA VEIN
SPECIALISTS

emergency phone line at 336-601-8346. Please bring your stockings and shorts with you to all office visits.