

Vein Center

Venaseal Procedure Postoperative Instructions

THE DAY OF SURGERY

1. You will leave with an adhesive bandage dressing which can be removed later in the day to prevent skin irritation.
2. Drink six to eight (8 ounce) glasses of water daily for 3 days.
3. You may experience mild swelling of your foot, numbness, tingling, veins that feel “rope like” and bruising. This may last for up to 2 weeks and should resolve.
4. Take Ibuprofen as directed for 24 hours before and 48 hours after the procedure to help reduce inflammation. You may take Aleve (2 tablets) twice daily or Tylenol as directed if you are unable to take Ibuprofen. Antibiotics are not needed unless prescribed by the physician.
5. If you experience intense pain, excessive swelling, bleeding, redness, warmth, chest pain, shortness of breath, or symptoms that do not resolve - please contact us at (205) 663-5775
6. If you are experiencing for what you feel to be an emergency, please call 911 or go immediately to the nearest emergency room.

THE MORNING AFTER

1. You may take a shower at this point. **DO NOT** soak in a tub for 7 to 10 days following the procedure.
2. **DO NOT** wear compression hose or stockings for two weeks post procedure.
3. Wait at least 7 days before resuming vigorous exercise, such as running, weight training, high impact aerobics, etc.

Please return to our office, 1022 1st Street North, Suite 100 , for a follow up appointment.

Post operative Ultrasound Follow up Appt _____

1 Month Ultrasound Follow up Appt _____

For questions or concerns, please call our office (205) 663-5775, Monday - Friday 8:00-4:30PM

Patient/Guardian Signature: _____ Date: _____

I acknowledge that I have read and understand that above post operative instructions and that they have been discussed with me.