

VEINatlanta INSTRUCTIONS FOR YOUR VEIN TREATMENT

RFA: Radio Frequency Ablation (Closure)
EVLA: Endovascular Laser Ablation
VENASEAL: Closure
AP: Ambulatory Phlebectomy
USGS: Ultrasound Guided Sclerotherapy
VARITHENA: Closure

A week before:

- Stop taking fish oil, flaxseed oil, and garlic extract 7 days prior to an AP (Ambulatory Phlebectomy).

The night before:

- Do not put any creams or lotions on your legs.
- Eat normally. You do not need to be NPO (i.e. you do not need to fast).
- Take your medications normally.

The morning of:

- Do not put any creams or lotions on your legs.
- Eat normally. You do not need to be NPO (i.e. you do not need to fast).
- Take your medications normally.
- If it does not upset your stomach, take two tablets of ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) before you leave for the Vein Atlanta office.
- Wear loose fitting clothing, as you will keep your upper body clothing on during the procedure. The area treated will be wrapped with a sizable bandage following the procedure and worn for 24 hours.
- Most people do not need medication, but if you have been prescribed a sedative (Valium, Ativan, Xanax) or pain medication (hydrocodone, Demerol, Percocet) to take before the procedure, take one sedative tablet and one pain medication tablet prior to leaving for the Vein Atlanta office. Bring these medications with you. When you are changing into shorts here, take another tablet of each medication. You will need someone to drive you if you take these medications.
- Nitrous oxide (sweet air, laughing gas) is available if you wish. You do not need a driver. It has a very mild relaxing, anti-anxiety effect. The effect is gone immediately after the procedure. There is a small additional charge.

After the procedure:

- Walk for 10 minutes after the procedure and again later in the day.
- You may resume normal activities the same day, including driving. Walk a normal amount during the next 3 days. Light exercise may be resumed on the third day after the procedure. Heavy exercise (tennis, running) may be resumed 7 days after the procedure.
- Keep the compression wrap on continuously for 24 hours. Then take the wrap off and bathe normally. After the first 24, wear the compression stocking during the daytime only. You do not need to wear it to bed after the first 24 hours (but you can if it makes

your leg feel better). If at any time the compression wrap or stocking cause you discomfort, skin irritation, or cause your foot to go numb or change color, then take the wrap and stocking off.

- The compression stockings are worn for a total of 3 days.
- Most people do not need any pain medication. If you are having discomfort, try ibuprofen (Advil, Motrin), acetaminophen (Tylenol), or naproxen (Aleve).
- It is normal to see clear liquid seep through the dressing (this is the saline used in the numbing fluid). It is also normal to see a small amount of blood seep through the dressing.
- The small steri-strips are waterproof and stay on for one about one week. If they come off earlier that's OK. If they are still on after a week, carefully peel them off.

- Common side effects that are not harmful:
 - Bruising
 - Mild tenderness
 - Mild redness
 - Numbness along the treated area. This gradually resolves, although it could take several months.
 - A small knot (bump), associated with some tenderness or redness. This represents a small superficial vein that has closed. This is a normal result of the procedure. It will not harm you, and it will gradually subside over the next few weeks. You may apply a heating pad or warm compress to these areas 3 times a day for 20 minutes. You may take ibuprofen (Advil, Motrin), acetaminophen (Tylenol), or naproxen (Aleve) to reduce the pain and swelling.

- Call the office if:
 - The leg swells up.
 - The leg is painful.
 - The foot is discolored.
 - The foot is numb.
 - Continued oozing from an incision.
 - Any sign of infection (redness, tenderness, drainage).
 - Chest pain, shortness of breath, dizziness, or fainting.

- Arnica, a natural remedy for bruising, may be recommended if you have bruising. It is available at the VEINatlanta office in topical and oral forms. It is especially useful after ambulatory phlebectomy.