

The Vein Institute of Blue Bell

Fort Washington Radiological Associates

721 Arbor Way, Suite 103 • Blue Bell, PA 19422

POST VENASEAL DISCHARGE INSTRUCTIONS

1. You have had a VENASEAL ABLATION procedure of your **RIGHT / LEFT** leg.
2. Recovery is usually trouble-free. Your access site may be sore for next few days. It is also normal to experience the following symptoms during the next 2-3 days:
 - a. Mild pain
 - b. Redness over treated area
 - c. Bruising
 - d. Swelling
 - e. Cord-like/hard area over treated vein
3. The treated area may be somewhat tender, discolored (red-purple) and you may have some bruising lasting 2-3 weeks.
4. You may have numbness or tingling at the treated site. This should only affect the skin and not the muscle function of your leg. This usually resolves but can last for several months.
5. You may remove the steri strips 5 days after the procedure. If they fall off on their own, apply a bandaid to the site.
6. You should take one (1) Benadryl (diphenhydramine 25 mg tablet) **or** one (1) Claritin (Loratadine 10mg tablet) the night of the procedure (for adverse reaction).
7. You were also given a script for Naproxen 500mg. Take one tablet by mouth every 12 hours for five days, starting the evening of the procedure (for inflammation).
8. **Walking every day is very important.**
 - a. You should walk a minimum of 30 minutes per day. However, you **should avoid** lifting over 15 pounds for 7 days following the procedure. This could cause the vein to re-open.
 - b. You should walk **twice per day for 30-minute periods** for the **first week**.
9. If you have received sedation for the procedure, do not drive a car or make any important decisions for 24 hours after the procedure. Someone needs to stay with you for 24 hours post-procedure.
10. You may resume your normal medications. However, if you take any blood thinning medications, such as anticoagulants, aspirin, or NSAIDS (*unless directed by us*) refrain from taking them for 24 hours post procedure.

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Notify your primary physician and/or Radiologist IMMEDIATELY if any of the following occur and proceed to nearest Emergency Room:

- **Fever of 100 ° F (38 ° C)**
- **Lightheadedness, dizziness, or feeling faint**
- **Difficulty breathing, shortness of breath, pain with breathing, or chest pain**
- **Increasing pain in leg**
- **Persistent bleeding or excessive swelling in the leg**
- **Progressive area of redness, warmth, blisters, or drainage in the leg**
- **Persistent itching or rash in leg**
- **Lump formations**
- **Leg numbness**
- **Blue or cold feet**

Follow-up Care:

You will be asked to get an ultrasound one week following the procedure and then again one month after the procedure with an office visit.

Date of next scheduled DVT STUDY: _____

Physician Contact Information

- **If you have a problem that requires immediate attention, you should go to nearest the hospital Emergency Room or call 911.**
- Our office is open Monday through Friday (except major Holidays) from 7:30 AM to 3:00PM. We can be reached at 267-416-9534.
 - If you had your procedure at Abington Hospital-Jefferson Health and have questions, then please call (215)481-6226 during these office hours.
 - If you had your procedure at Lansdale Hospital-Jefferson Health and have questions, then please call (215)412-5015 during these office hours.
- For emergencies occurring after 3:00PM, call **(215)481-2000** and ask the hospital operator to contact the Interventional Radiologist on-call.

These post-operative instructions were reviewed with me prior to discharge, and I understand the expectations of my physician. I understand I must call the office immediately if any unexpected side effects arise.

Patient Signature _____

Staff Signature _____

Date ____/____/____

Time _____