



Instructions: Vein Ablation Procedure

- Please inform us of any allergies you may have
- **Please do not put cream or lotion on your legs the day of the procedure. Do not wear your compression hose the day of this procedure.**
- You will need to bring someone with you to take you home if you have taken Xanax (alprazolam) or Tramadol the day of the procedure. The nurse will call you the week of the procedure to review these medications and call them into your pharmacy.
- Do not come to the office on an empty stomach. We encourage you to have a small meal 1 to 2 hours prior to your procedure. You need to increase your fluids prior to the day of the procedure.
- A follow-up appointment will be made for you to have your leg(s) reevaluated within 3 days following your procedure.
- After your procedure, avoid strenuous activities such as aerobics, weight training, and bicycling. Walking, however, is encouraged and promotes speedy healing. Also, avoid prolonged sitting or standing the first week after your procedure and elevate your legs at least 3 times a day for 5-10 minutes throughout that week. If you are able to resume your pre-procedure activities without them being a contraindication, then we encourage you to do so.
- You are allowed to remove your dressing and shower after 24 hours. Otherwise, please wear your compression stockings during the day for the first 14 days after treatment.
- Some things to expect are; Minor discomfort, bruising, pulling sensation or aching, as well as, a slight stain on the dressing. It is okay to take Tylenol or Ibuprofen for any discomfort or pain, unless otherwise instructed. However, if you experience severe pain, weakness, or bleeding that will not stop, please call our office at (817) 461-3003.