



Faisal Bahadur, MD
Bashar Markabawi, MD
Gautam Kedia, MD

Post-Procedure Instructions **Venaseal, or Vein Ablation and/or Foam Sclerotherapy**

After Your Procedure:

- Gauze and steri-strips (a type of adhesive) will be placed on the treated area, as well as compression stockings, +/- an ace wrap for support.
- During the first 48 hours, sponge baths are recommended instead of showers. After 48 hours, you can shower with the stockings on, and dry them off as best as you can. A hair dryer can be used to dry the stocking.
- It is recommended to keep both the compression stockings and ace wrap on for a continuous 2-3 days post procedure. This will help healing.

We Encourage Patients To:

- Engage in moderate exercises that involve the legs. Frequent walking during the day helps with blood flow and can benefit the healing process.
- Keep your legs elevated while seated.

Precautions:

- For 5 days after the procedure, avoid high-impact exercises or vigorous activity.
- For 2 weeks after the procedure, avoid extreme hot environments, like a sauna or hot tub, including direct sun exposure and/or tanning.
- For 2 weeks, avoid long plane trips or car rides (> 2 hours).
- Otherwise, you can return to work 2 days after the procedure.

Follow Up Care:

- Mild bruising and swelling may occur, but typically resolves within a few weeks. Some pain and tenderness may persist on and off over several weeks.
- Patients are allowed to take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin), unless otherwise indicated by the physician. No pain medication is given to patients since any discomfort should be minimal.
- You will be scheduled for an ultrasound of the treated leg, within a few days after the procedure. It is *imperative* to show up for the ultrasound, so we can ensure there are no complications such as blood clots.
- Follow up care is important to ensure all procedures are successful and each patient is progressing with treatment. If at any time symptoms persist or concerns arise please call our office.



Faisal Bahadur, MD
Bashar Markabawi, MD
Gautam Kedia, MD

Complications of Procedure:

Complications associated with this procedure are very rare, but there have been reported incidents involving thrombophlebitis, deep venous thrombosis (DVT), and pulmonary embolism (PE).

If you experience bleeding, discomfort, or have any concern once you're home after the procedure, please call our office, and we will be more than happy to provide further assistance.

OFFICE HOURS: MONDAY – FRIDAY
8AM TO 5PM

TO SPEAK WITH THE ON-CALL VASCULAR PHYSICIAN
AFTER HOURS WITH AN URGENT ISSUE, PLEASE CALL:
480-699-5536

By signing this, the patient acknowledges that this Discharge Summary Form for RFA Procedures has been provided to them at time of service.

Patient Signature: _____

Print Patient Name: _____ **DOB:** _____

Employee Witness Signature: _____

Your follow-up ultrasound is scheduled for: _____