



Post Care Instructions for Venaseal

Patient Name: _____

Follow-Up Appointment with Ultrasound: _____

After your procedure

- Resume normal activities. It is important to stay active and moving throughout the day.
- Do not shower or bathe for 24 hours.
- Walking is the prescribed post-procedure treatment for your leg. Walk for 30 minutes, daily.
- Avoid sitting or standing still for prolonged periods of time and avoid lifting heavy objects.
- It is normal to experience tenderness or soreness in your leg and to have some mild bruising.
- A tethering or pulling sensation is common and will go away over time.
- Avoid entering large bodies of water such as swimming pools, the ocean or hot tubs/spas for 1 week.
- Avoid sun tanning for 1 week.
- Compression stockings are not always required but may be recommended by your physician. If so, compression stockings must be worn for 7 days, 7am-7pm. These can be found on Amazon or local stores (ask us for a list).
- Keep your legs elevated during the evening.
- Use over the counter (OTC) pain medication if able –such as Naproxen (Aleve) or Ibuprofen (Advil) to help alleviate discomfort as needed. If unable to take NSAIDS, please inform your Doctor.
- Leave steri-strips on the incision site until they fall off naturally.

Recommendation: 400mg of NSAIDs x 5 days (2x per day w/food) and 25mg of Benadryl at night.

Call immediately if you experience any of the following

- Prolonged tenderness, redness, or warmth along the treated site
- Moderate to severe pain preventing return to normal activities
- Shortness of breath or chest pain
- Increased swelling or bleeding in the treated leg

****Please come to your follow up appointment **without** wearing ace wrap/compression stockings.**

If you have any questions or concerns, please do not hesitate to call our office at 281-803-8482 op 2.
Thank You!