



## VenaSeal Closure Procedure Pre and Post Procedure Instructions

Please arrive 15 minutes prior to your appointment time. If you need to cancel your procedure for any reason, we will require a call 48 hours prior to the scheduled appointment or a fee may be applied.

### Before your Procedure

- Drink plenty of water the evening before and day of procedure. No caffeine before your procedure.
- On the day of your procedure, please wear comfortable clothes and slip-on shoes. You will change into surgical shorts for the procedure.
- You may bring your own shorts with you to wear but be aware they may become soiled.
- DO NOT wear your compression stockings the day of your procedure.

### After Procedures

- **DO NOT** remove the compression and/or bandages as this must be applied to your leg for 4 hours following the procedure.
- Resume normal activities. It is important to stay active and moving throughout the day.
- Walking is the prescribed post-procedure treatment for your leg. **On the day of the procedure, you will walk for 15 minutes in the clinic.** Then 5-10 minutes every hour until bedtime.
- Do NOT squat more than your body weight for 2 weeks.
- No hot tubs, baths, or sauna for 1 Week after procedure.
- No swimming for 48 hours after your procedure.
- **It is normal to experience some tenderness or soreness in your leg and some mild bruising.**
- **A tethering or pulling sensation is common and will go away over time.**