

### Before Your Procedure

- Arrange for someone to drive you home following the procedure.
- Ask the doctor about taking any prescription medications before your procedure. (Coumadin? Lasix? Insulin?)
- You may eat or drink normally before your procedure.
- Wear loose-fitting clothing to the office the day of the procedure (shorts, skirt, dress, loose-fitting slacks/warm-up bottoms, etc.). Do not wear your compression stockings on the day of your procedure. Please bring slippers or loose-fitting shoes to wear after the procedure.
- **Make sure that you have filled or picked up your Valium/Diazepam prescription. Bring this with you to the appointment. You will be instructed on when to take it.**
- Drink plenty of water the evening before and up to 2 hours before the procedure.

### What to Expect During the Procedure

- Endovenous thermal ablation is performed using local anesthesia along the course of the diseased vein. There may be some discomfort associated with the placement of the anesthesia and also the use of the ablation fiber/catheter. This discomfort is generally mild.
- A small incision is made, either below or above the knee, so that the ablation fiber/catheter can be inserted into the diseased vein and position to begin ablation. Energy is delivered to the fiber/catheter, which is slowly withdrawn through the vein. The heat gently destroys the lining of the vein. There is no pulling, stripping or avulsion of the branches.
- The procedure usually takes 1-3 hours, depending on the severity of your disease and the amount of time required to gain access to your vein.



- You will be placed in Reverse Trendelenburg which simply means that you will be on a table that allows us to have you with your head higher than your feet. This allows the blood to pool in your legs and aids in completing the procedure.
- You will need to remove all clothing from the waist down.



### After Your Procedure

- Return to normal activities, including climbing/descending stairs.
- No heavy lifting for 72 hours (nothing greater than 20 pounds).
- Walk at frequent intervals, at least 30 minutes each day. Walking speeds the recovery process; it keeps your leg from becoming stiff and reduce the potential of developing blood clots.
- Do not sit or stand for long periods.
- You may return to work the following day.
- You may resume long distance travel after one week. Please wear your compression stockings.
- Wear the elastic bandage for **48 hours** followed by your compression stockings for at least one week. Do not reapply the elastic bandage after 48 hours. If your elastic bandage should fall off prior to the 48 hours, immediately put on your compression stockings in its place.

- If the stocking or wrap feels too tight or if it feels like it is cutting off your circulation, remove the dressing and put your compression stockings on.
- Take over-the-counter pain relief medication as needed.
- Return for your follow-up ultrasound within 72 hours.
- Return for periodic ultrasound follow-up as scheduled.
- Some increase in swelling is not uncommon, especially following the procedure or more extensive cases. This usually subsides once inflammation from the procedure itself subsides. Tenderness is very common over the veins, and if your veins are large and/or close to the skin this tenderness is more pronounced. Recently treated veins are almost hard to the touch, tender and sometimes red and warm. Generalized redness, extreme pain, redness or swelling is not normal, and you should call the clinic.
- A pulling sensation is normal and common.



OakLeaf  
CLINICS

Follow-up Ultrasound at 72 Hours at

\_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m./p.m.

Follow-up Office Visit

\_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m./p.m.

### Questions

- Call and ask to speak with a nurse during regular business hours at 715.552.9780.
- Emergencies after hours, call 715.552.9780 or call 911.

