

# Pre-Procedure Instructions for Vein Ablation

1. The vein ablation procedure is a quick outpatient procedure that is performed in our office. The procedure is done under local anesthesia (lidocaine).
2. You will need a pair of thigh high compression stockings (30-40mmHg) to be applied after your procedure. Please make arrangements to be fitted for stockings prior to day of procedure and bring your stockings on the day of the procedure. If needed, we have a supply of compression stockings that can be purchased for a small fee.
3. If needed, bring your prescription Xanax with you to the office. Do not take the Xanax at home. A prescription for 1 Xanax pill will be provided to you in the weeks prior to your scheduled procedure.
4. If you do take Xanax prior to your procedure, be sure to arrange for an escort home.
5. If you normally wear compression stockings, do not wear them the day of the procedure.
6. Do not apply any moisturizers to your leg.
7. Be sure to eat something prior to your procedure. No caffeine until after your procedure.

**If you have any questions, please call Oceana Vein Specialists at 760-769-8346**

# Post-Procedure Instructions for Vein Ablation

1. No driving for 24 hours after procedure if you took Xanax for your pre-procedure medication.
2. Apply compression stockings (30-40mmHg) post procedure and leave on for 24 hours. Following the procedure, keep leg elevated while sitting.
3. After 24 hours, remove the compression stockings and bandage dressing leaving the sutures/steri-strips tape in place for 10 days.
4. After the first 24 hours, wear the compression stockings during the day for 10 days, do not sleep in the compression stockings.
5. The day of surgery walk as you normally would, at least 2-3 minutes/hour while you are awake. Return to daily activity after the procedure as tolerated.
6. Pain. You may experience some slight pain after the procedure. Take Advil - two 200mg tablets three times per day with food for 10 days if needed. You may experience bruising at the procedure site, you may apply a cold pack over site.
7. **It is common to feel some pain/discomfort the day of and after the procedure. However, if you develop an area that is extremely red, hot, swollen, and painful, please notify us immediately.**
8. You may shower after 1 day after the ablation procedure. No bath tub soaking or swimming until the sutures/steri-strips are removed after 10 days.
9. If tanning, remember to cover the puncture site (if you tan, the mark will also tan. Naturally your tan will fade, but the tanned mark will not).
10. No aerobic exercise, running, jogging, or vigorous working out for 7 days after procedure. Leisure walking is desirable.
11. At approximately day 5-9 you may experience a pulling sensation along procedure site, this is a normal occurrence.

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