

Vein Care Solutions

VNUS Closure Procedure Pre/Post-Treatment Instructions

Required Visits

- Initial Consultation** – in office
- Initial Ultrasound** – in office
- Follow up** –in office with the doctor to review test and treatment needed
- VNUS Procedure** – in office
- Follow-up Ultrasound at 4-7 days following Closure** –at outside facility

Pre-Op Instructions

1. Compression stockings, 20-30 mm pressure, are required the day of your procedure. You may purchase these at our office, or if you prefer, we will write you a prescription for these in advance.
2. If you take medication routinely, take them the day of the procedure unless directed otherwise.
3. You may eat and drink normally before your procedure.
4. Wear loose clothing to the office the day of your procedure.
5. You may drive yourself to and from your closure procedure appointment.

Post-op instructions

1. Normal daily activity, including stairs is encouraged following your closure.
2. No heavy lifting for 72 hours (nothing greater than 20 lbs).
3. No exercise for 72 hours after dressing is removed.
4. You may return to work the following day.
5. You may resume long distance travel after your one week ultrasound.
6. You will remove the compression wrap and stocking the morning after the procedure. When removing the compression wrap have legs elevated and rest for 5 minutes before walking to shower. **Do not reapply the wrap.**
7. Apply and continue to wear the stockings during the day for 1 week.
8. Return to office in 3 weeks after Closure.
9. For pain management, you may take Tylenol, Advil or Motrin as directed.

If you experience any excessive leg discomfort or swelling please call the office at (214) 387 4202.

Outcome Expectations

We would like to emphasize that taking care of your varicose veins may be a multi-step process. Initially, VNUS Closure will be done to seal the vein that is the source of the varicose veins and leg symptoms. Subsequently, we will take care of the visible varicose veins. These procedures will vary, determined by the size and extent of your varicose veins. Dr. Lorenzo will determine which procedures will be best for you and discuss this with you at your follow-up visit. Recent studies indicate that the VNUS Closure procedure exhibits long-term enduring efficacy and persistent patient symptom relief.