

## Post Operative Instructions for Venaseal

Dear Patient,

We are looking forward to assisting you with your upcoming VenaSeal procedure. To ensure a safe and successful experience, please review and follow these preoperative instructions carefully.

### Immediately After the Procedure

#### Activity:

- Rest the remainder of the day following the procedure.
- Walk for 10–15 minutes every hour while awake to promote circulation.
- Avoid vigorous exercise, heavy lifting, and prolonged standing or sitting for at least 48 hours.

#### Compression Garments:

- Wear compression stockings as instructed, typically during the day for 5–7 days.
- Remove them while sleeping unless told otherwise.

### Pain Management

#### Medication:

- You may experience some mild soreness, tightness, or tenderness in the treated area.
- Take **Tylenol (acetaminophen)** or **Aleve (naproxen)** as needed for discomfort.
- Avoid NSAIDs such as ibuprofen unless specifically approved by your provider.

#### Hypersensitivity Reactions:

- Some patients experience mild allergic reactions to the medical adhesive.
- **Symptoms include redness and itching** at or near the treatment site.
- Take an over-the-counter antihistamine like **Benadryl, Zyrtec, or Claritin** if this occurs.
- Contact our office if symptoms worsen or persist.

### Wound Care and Hygiene

#### Showering:

- You may shower 24 hours after the procedure.
- Pat the area dry gently—do not rub.



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**Avoid Submersion:**

- **Do not submerge** the treated leg in water (baths, hot tubs, pools) for **2 weeks**.

**Site Care:**

- Keep the access site clean and dry.
- Do not apply ointments or creams unless advised.

**Expected Symptoms**

- Mild bruising or tightness
- Slight redness or itching
- These symptoms typically resolve within a few day.

**When to Contact Our Office**

Please notify us if you experience:

- Significant swelling or worsening pain
- Fever, chills, or signs of infection (e.g., increased redness or drainage)
- Any unusual symptoms or concerns

Thank you for following these instructions. We are committed to your recovery and are here to support you every step of the way.

Sincerely,

**Dr. Ran S. Kim**

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