



BHC Vein Center

VenaSeal Procedure Postoperative Instructions

THE DAY OF SURGERY

1. You will leave with an adhesive bandage dressing which can be removed later in the day to prevent skin irritation.
2. Drink six to eight (8 ounce) glasses of water daily for 3 days.
3. You may experience mild swelling of your foot, numbness, tingling, veins that feel “rope like” and bruising. This is temporary and should resolve.
4. Take Ibuprofen as directed for 48 hours after the procedure to help reduce inflammation if your stomach tolerates. You may take Aleve (2 tablets) twice daily if you cannot take Ibuprofen. Antibiotics are not needed unless prescribed by the physician. If unable to tolerate Ibuprofen, then you may take Tylenol as directed.
5. **If you experience intense pain, excessive swelling or bleeding, redness, warmth, shortness of breath or chest pain, or symptoms that do not resolve – please contact us at (205) 815-4800.**
6. **If you are experiencing what you feel to be an emergency, please call 911 or go immediately to the nearest Emergency Room.**

THE MORNING AFTER

1. You may take a shower at this point. DO NOT soak in a tub for 7 to 10 days following the procedure.
2. You may resume a normal lifestyle the day of the procedure. Wait at least 7 days before resuming **vigorous** exercise, such as running, weight training, high impact aerobics, etc. Also, wait at least 3 days before taking a hot bath or getting into a hot tub.

Please return to our office for a follow up appointment.

Postoperative Ultrasound Follow up Appt : _____

1 Month Ultrasound Follow up Appt : _____

For questions or concerns, please call our office at (205) 815-4800, Monday through Friday from 8:00am to 4:00pm.

Patient/Guardian: _____ Date: _____

I acknowledge that I have read and understand the above post-operative instructions, and that they have been discussed with me.