

Patient Instructions for Endovenous Thermal Ablation

Pre-Procedure Instructions

1. Please bring class 2 (30-40mm Hg) compression stockings with you the day of the procedure. We also can offer you a pair for a low cost of \$20-30. We will ask you to wear the stockings continuously for one night and day after the procedure, and then during the daytime hours for an additional two weeks.
2. **Nothing to eat or drink after midnight the night before your procedure, if your procedure is scheduled at the VCU Medical Center with sedation.**
3. You WILL NOT be able to drive home. **Please arrange for someone to drive you home.**
4. Prior to your appointment, please shave the affected leg, as well as 1-2 inches in the pubic area on that side.
5. Do not apply any type of moisturizer to your leg on the day of the procedure.
6. Wear loose-fitting clothes.
7. Do not use any aspirin products for four days prior to the procedure. If you are taking blood thinners, please notify us immediately so we can determine the best course of action to schedule your procedure.
8. You can take your normal medications with a sip of water the morning of the procedure.
9. Please do not wear contact lenses to your procedure.
10. You will be asked to remove jewelry, glasses, dentures and hearing aides before the procedure. You should leave items of value with a friend or family member accompanying you for the procedure.
11. Be sure to bring the following to your procedure appointment:
 - Insurance information
 - Medication bottles or a complete prescription list with names, dosages and frequency (If you are on special eye drops, please bring those with you.)
 - Compression stockings

Post-Procedure Instructions

1. **Active walking is required**, preferably 15 minutes every hour. Do not sit down longer than two hours at a time. When you are not walking, keep your legs elevated to the level of the heart as much as possible for the first 24 hours.
2. **Normal daily activities may be resumed** on the day after your procedure. The more you move, the better you will feel. Avoid vigorous activity such as jogging, bicycling, weightlifting or aerobics for seven to 10 days.
3. **Wear the stockings continuously** through the first night and next day following your procedure.
4. You may remove any bulky dressings the night after you procedure when you take off your stockings. You may then shower — avoiding tub baths for two weeks — but please leave any steri-strips (thin adhesive tape) in place until they fall off.
5. Please **wear the stockings** from first thing in the morning until last thing at night for two additional weeks.
6. After your procedure, you may have significant temporary bruising on your legs and you may experience a “pulling” sensation or discomfort for several weeks or more after the procedure. Bruising, local swelling and some tenderness are normal after treatment.
7. Watch for signs of potential infection at the procedure site, including redness, warmth and tenderness.
8. If bloodstains appear on the dressings/stockings, lie down and elevate your leg. If there is significant bleeding, you should call Interventional Radiology immediately at (804) 828-6986.

We will also need to see you within one week after the procedure to perform a brief ultrasound evaluation and ensure your recovery is going smoothly.

If you have any medical questions, call VCU Vein Care at (804) 628-4680 or the Interventional Radiology Department at (804) 828-6986, and ask to speak to someone regarding your vein procedure.

After business hours, please call (804) 828-3699 and ask to speak to a physician regarding your interventional radiology procedure, or call (804) 828-0951 and ask to have the night-imaging on-call resident paged.