

The Vein Center at CSA

Post-Operative Instructions following VNUS Closure Procedure

Although each patient's surgical experience is different, there are some general instructions and guidelines that apply to most patients following VNUS Closure.

- Unless otherwise instructed, you should be able to eat or drink (*except alcohol*) without restrictions after your surgery. If you have diabetes or are on a special diet, this may not apply to you. You should NOT drink any alcohol while taking narcotic pain medication.
- You will be discharged following your surgery with your stockings on. Under the stockings are gauze dressings covered with a waterproof dressing called Tegaderm. You may remove the stockings after your post-op ultrasound, and shower with the Tegaderm remaining in place. The Tegaderm dressings should stay on until your post-operative visit with your surgeon.
- Continue to wear the compression stockings prescribed by your surgeon. This is to maximize the compression of the veins. Please wear the compression stockings all day, except when going to bed, until you come in for your post-operative appointment.
- You may find that rubbing alcohol will be helpful in removing the ink from your pre-operative vein marking.
- You must have a post-operative ultrasound at our office 48 to 72 hours after your surgery. Your post-operative appointment with your surgeon will be 3 weeks after your surgery. (*Please call before that date if you have any questions or concerns.*)

IMPORTANT: On the day of the procedure, you are strongly encouraged to WALK – 15 minutes at a time at least twice every hour. This is necessary for prevention of a DVT (*blood clot in your leg*).

- You should avoid prolonged (more than 30 minutes) of sitting or standing for 1 week after surgery.
- You are encouraged to resume all activities of daily living.
- No leg elevation is necessary.
- You can resume exercise 1 week after surgery. If you are a runner, you must wait 2 weeks to resume running.
- Do not lift anything heavier than 20 pounds for 2 weeks.
- You can return to work anytime from 1 day to 1 week after your surgery. Depending on the circumstances, most patients take several days off from work to recover.
- You can resume taking your Plavix or Coumadin 5 days after your surgery