



Post-op Patient Information: VenaSeal

If you have undergone VenaSeal Therapy at the Vein Healthcare Center, it is important to be informed about post-operative requirements. Following guidelines for care after your treatment will help promote the most effective healing so you can return to your daily routine and start experiencing a comfortable, symptom-free life as soon as possible.

Exceptional patient care is our first priority. If you have any questions following your appointment, please call the Vein Healthcare Center at 207-221-7799. We are available to answer questions and address any concerns you may have.

After Your VenaSeal Procedure

Immediately after the procedure, your leg will be washed with warm water to remove any remaining betadine. Compression stockings are not required but may be worn for comfort, if desired. You may return to your daily activities following your procedure. It is recommended that you return to work the day after your appointment, provided you have a non-physically strenuous job.

After You Leave Our Office

Knowing what to expect after your appointment and understanding all recommendations and restrictions is important following VenaSeal.

What to Expect: Following VenaSeal, patients should expect minimal to no bruising, swelling, and/or tenderness. Post-procedure discomfort should also be minimal. If one does develop any discomfort, elevating your legs, applying heat, and taking ibuprofen as needed are all effective ways to ease most post-operative pain. If pain is persistent or becomes intolerable, call the Vein Healthcare Center at 207-221-7799.

Rx: Elevating your legs as much as possible is recommended following your VenaSeal procedure. It is very important to **walk for 30 minutes each day** for the first 2 weeks after your procedure. Walking can be done in short increments throughout the day that add up to 30 minutes, or it can be done all at once, whatever works best for your schedule.

Restrictions: Restrictions during the first five - seven days following your VENASEAL procedure include avoiding the following:

- Heavy lifting
- Hot tubs
- Strenuous physical activity while standing

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