

Advanced Vein and Vascular Center  
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#### PREPARING FOR THE CLOSURE PROCEDURE

The following information will help to make your procedure a pleasant experience:

#### BASIC INFORMATION REGARDING THE PROCEDURE

- Receive a copy of the VNUS® Closure Procedure brochure.
- The procedure is performed in a specialized treatment room in the office using sterile technique and takes approximately 1 hour.
- Before the procedure, you will change into a pair of disposable shorts. Your leg will be prepped completely with an iodine solution. It is recommended that you wear an old pair of underwear and bring a second pair with you to change into after the procedure.
- Local anesthesia is given under the skin in the area to be treated. There is minimal discomfort.
- There is one tiny incision made into the skin above the knee which is closed with a steri-strip. You cannot get the incision site wet for 5 days after the procedure. A water-proof bandage will be placed over the incision immediately after the procedure.
- You will need to wear compression hose on the treated leg constantly for 5 days after the procedure. The purchase of prescription-strength thigh-high compression hose, which is placed on the treated leg immediately after the procedure is required. Insurance does NOT cover the cost of compression hose. This office offers this item at a cost less than outside suppliers. This is purchased (cash, check or credit card) on the day of the procedure.

#### DURING THIS OFFICE VISIT

- Make an appointment for the PROCEDURE on a day with minimal or no other commitments.  
Appt. date: \_\_\_\_\_ Time: \_\_\_\_\_ (LEFT LEG) Appt. date: \_\_\_\_\_ Time: \_\_\_\_\_ (RIGHT LEG)
- Make an appointment for the FOLLOW-UP ULTRASOUND  
2-3 days after the procedure.  
Appt. Date: \_\_\_\_\_ Time: \_\_\_\_\_ (LEFT LEG) Appt. Date: \_\_\_\_\_ Time: \_\_\_\_\_ (RIGHT LEG)
- Patients with capitated ultrasounds will need to schedule a follow-up appointment 1 week after their procedure  
Appt. Date: \_\_\_\_\_ Time: \_\_\_\_\_

#### ONE WEEK BEFORE PROCEDURE

- Stop taking Aspirin or Ibuprofen (Motrin, Advil, Aleve, Naprosyn). Tylenol is okay.

#### ON THE DAY OF THE PROCEDURE

- Wear loose slacks or a skirt. Do not use any lotions or creams on your leg.
- Eat and drink as normal except do not drink any caffeinated beverages.
- A Valium will be offered to you upon arrival for your procedure and after signing your consent form.
- Have someone drive you. Please plan to arrive 10-15 minutes prior to your scheduled surgery time.

#### IMMEDIATELY AFTER PROCEDURE

- A compression hose will be applied to your leg. You will be able to resume daily activities immediately. You will need to refrain from heavy lifting and aerobic level exercise for 1 week.
- A prescription for stronger pain medication (usually not needed) will be given.
- Home care instructions will be given and reviewed with the nurse.
- The 2-3 day follow-up ultrasound appointment will be confirmed.