



Cardiac & VeinwoRx

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Venous Ablation

Before Your Procedure

1. For this procedure you are going to need 20-30 thigh high compression stockings. You can buy them here the cost is \$75.00. You are required to bring the stockings the day of the procedure.
2. On the morning of the procedure you are going to report to:
3702 Washington St Suite 305 Hollywood, FL. 33021
3. Please do not drink any caffeine the day of your procedure, normal breakfast.
4. You can take all medications as usual without restrictions the morning of the Procedure. If you would like, our doctor will provide you with a prescription for Xanax (prior to the procedure date). If you choose to take the Xanax you must have someone drive you to and from the office the day of the procedure.
5. You will need to arrive on time and expect to be here no less than one hour and a half.
6. There is no down time for this procedure, you can go back to work on the same day if desired.

After Your Procedure

Now that your Venous Ablation procedure is complete, you may resume normal activities with only a few exceptions and suggestions:

1. The day of the procedure, you are encouraged to walk at least 20 minutes every several hours after having the procedure. Walking will help the leg's recovery process.
2. Apply ice as needed for pain. You can take Ibuprofen/Motrin/Advil 200mg tablets. Take 3 tablets (600mg) every 6-8 hours as needed for pain for up to 1 week. **No prescription needed. You may purchase over the counter.**
3. Please refrain from vigorous gym exercises or running 72 hours following the procedure. You may resume lower body exercises 3 days after the procedure.
4. It is normal to experience some bruising, soreness and a tightening sensation in the **2week period** following treatment. This should begin to subside after 2 weeks. You can take over the counter pain medications (Advil/Tylenol) as needed for your discomfort. Use ice to relieve any pain.
5. You will need to wear your compression stocking without removing it for 2 days.
6. **Some bleeding and oozing at injected site is normal but, If you experience bleeding or substantial pain, give us a call at 954-983-8910.**