

Post-Operative Instructions

VNUS Closure

You have undergone an endovenous VNUS (radiofrequency) closure procedure of your leg under local anesthesia and oral sedation.

As you have had sedation, please do not drive for 24 hours or make any important business or other types of decisions. You may drive and return to normal activities as you are able after that time. Please take it easy over the next few hours. You should start off eating something light, and then should be able to tolerate a regular diet by the evening. Occasionally, people are nauseated by the medications they are given. This usually resolves within 8-12 hours.

If you have not had any bulgy veins removed, you will start wearing your compression stocking immediately after your procedure. You will wear it for 24 hours straight without taking it off. After 24 hours, you can take it off to shower and then start wearing it for 13 days in a row, taking it off at bedtime. If you have had bulgy veins removed (ambulatory Phlebectomy), you will wear an Ace wrap day and night for 3 days. (See Phlebectomy post-op instructions)

Please refrain from any heavy lifting and strenuous activity for 3 days. During this time, please avoid prolonged standing and sitting with your lower leg hanging. Either of these may cause swelling. While sitting, you should elevate your leg.

If you have any discomfort, you can use over-the-counter anti-inflammatory medications like Aleve, Motrin or Advil. Please call us if you have more than a minor amount of discomfort.

You should walk at least once for 30 minutes on the day of your procedure and at least twice for 30 minutes on post-operative days 2-7. It is best to only do cardiovascular exercise for 1-2 weeks. Please avoid lunges, squats, swimming or weight-lifting with the lower body for 2 weeks. Weight-lifting with the upper body is fine. After 2 weeks, you can return to all normal activities.

A follow-up ultrasound will be done 3-5 days after your procedure. This ultrasound is done to make sure you do not have a blood clot. A 2-week office visit and 6-week ultrasound (to check for vein closure) and office visit with the doctor will also be scheduled.

Continued on reverse ►

It is normal to experience some tenderness and possible bruising along the treated areas where local anesthesia was administered. The bruising may be quite extensive. You may feel hard or tender lumps along the treated area or where you had varicose veins removed (if Phlebectomy was performed). These lumps can take 3-8 weeks to reabsorb. You may also have a pulsing sensation in your lower thigh that should resolve by 3-6 weeks.

Call our office 408-376-3626 if you experience any of the following:

- Prolonged tenderness, redness or warmth along the treated vein
- Moderate to severe pain preventing return to normal activities
- Shortness of breath, chest pain, difficulty breathing
- Swelling in the leg that does not resolve with leg elevation
- Bleeding from the leg
 - It is normal to have some fluid leakage from the dressing – this may be clear, pink or maroon-tinged. We use a lot of fluid to numb the leg during the procedure.
 - However, excessive bleeding from your leg is not normal.

Please feel free to call Dr. Kokinos on her cell phone with ANY concerns at 408-218-6482.