

Texas Cardiology Associates of Houston

Pre & Post Instructions

Before the Procedure

1st Ablation is on:

Date: _____

Time: _____

Texas Cardiology Associates of
Houston Kingwood Location

Ultrasound:

Date: _____ Time: _____

Your Follow-Up Appointment is on:

Date: _____

Time: _____

@ Kingwood office

Endovenous Thermal Ablation

The VNUS Closure © procedure is a minimally invasive alternative to traditional vein stripping for patients with superficial venous reflux, an underlying cause of varicose veins.

The VNUS Closure procedure uses a small catheter to seal the vein shut through a small incision. Once a defective saphenous vein is sealed shut or "occluded," blood flow immediately diverts to healthy veins. The patient can usually return to normal activities within a day.

Texas Cardiology Associates of Houston

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**2627 Chestnut Ridge Rd.
Suite 100
Kingwood, TX 77339
281-358-1950**

Medications

If you are on:

- **Coumadin** Do not take your dose the day before or the day of the procedure
- **Lasix** Do not take the day of procedure
- **Insulin** Please check with your doctor

Day before the procedure

- Make sure you have filled and picked-up your prescription for Valium (10mg) & Tramadol (50Mg) if prescribed. If you did not receive a prescription for either or both of these medications please provide us with your preferred pharmacy of choice.
- **BRING YOUR VALIUM/TRAMADOL WITH YOU TO THE APPOINTMENT; YOU WILL TAKE IT UPON ARRIVAL**
- Secure a "DESIGNATED DRIVER" to chauffeur you to and from the procedure; you will be under sedation and you will not be allowed to drive
- **Drink plenty of water** the evening before and up to 2 hours before the procedure

Day of Procedure

- **Please arrive 45 MINUTES before your procedure.**
- You can have a light meal and drink up to 2 hours prior to your arrival on the day of your procedure
- **DO NOT WEAR COMPRESSION STOCKINGS FOR 1 WEEK PRIOR TO PROCEDURE**
- **Stay active** prior to arrival at Texas Cardiology Associates of Houston
- If you suffer from incontinence, please consider wearing the appropriate undergarments to avoid any accidents

Clothing

Your leg will be bandaged when you leave Texas Cardiology Associates of Houston. The following articles of clothing will make your trip home more comfortable:

- Shorts, skirts or dresses
- Loose-fitting slacks/warm-up bottoms, ect.
- House slippers or sandals
- Extra pair of underwear (iodine is used to sterilize your leg and will stain cotton)

During the Procedure: What to Expect

- Endovenous thermal ablation is performed using local anesthesia along with the course of the diseased vein. There may be some discomfort associated with the placement of the anesthetic, and also with the use of the ablation fiber/catheter. This discomfort is generally mild.
- A small incision is made, either below or above your knee, so that the ablation fiber/catheter can be inserted into the diseased vein and positioned to begin the ablation. Energy is delivered to the fiber/catheter, which is slowly withdrawn through the vein. There is no pulling, stripping, or avulsion of the branches.
- The procedure usually takes about an hour, depending on the severity of your disease and the amount of time required to the gain access to your vein.

Texas Cardiology Associates of Houston

Procedure Day Checklist

- _____ Picked up Valium
- _____ Stopped Coumadin
Dose
- _____ Stopped Lasix
- _____ Have I let my doctor
know that I am or am not
allergic to Iodine
- _____ If diabetic, do I have
an after procedure snack
prepared to take with me
- _____ Have I arranged to
make prepayment with TCA
- _____ Do I have a pair of thigh-
high compression stockings

After the procedure

1. **Most Important:** Walk every hour 10-15 minutes for the remainder of the day to prevent any complications. It is not the necessary to get up during the night. The groin area is the hardest area to compress post procedure. If the groin area is tender or sore, apply an ice pack. However, if it becomes abnormally swollen and/or severely painful, hot and reddened, during business hours call the office, for after hours call 281-358-1950 Ext 0 or 281-537-3467. If no one can be reached at the provided numbers listed above please call 911 or go the nearest Emergency Room.
2. Post procedure discomfort is usually minimal. The vein tract has been numbed. However, if soreness develops Tylenol®, Advil® (Ibuprofen), or Aleve® are recommended.
3. You will leave the office with a bandage wrap. This is to remain over the area treated night and day for 48 hours. If the bandage wrap loosens, please replace with compression stocking. (After the 48 hours, the bandage/stocking may be removed and shower may be taken. Then reapply the compression stocking after the shower, remove sutures after two weeks, if they have not fallen off on their own).
4. During the initial 48 hours you may take a sponge bath. No standing water such as bath, Jacuzzi, pool, ect. for 2 weeks after procedure.
5. Continue to wear the stockings during the day (when you are upright) for 2 weeks from the day of your procedure or as indicated by your doctor. You may remove the stockings at night.
6. **Remember!** No heavy lifting or strenuous exercise for 4 weeks or as discussed with the doctor. This would include anything that elevates the heart rate beyond a normal range and no lifting over 25-30 pounds.

**If you have any questions, please call our office at 281-358-1950.
Thank you!!**

2ND Ablation is on:

Date: _____

Time: _____

Texas Cardiology Associates of
Houston Kingwood Location

Ultrasound:
Date: _____ Time: _____

Your Follow-Up Appointment is on:

Date: _____

Time: _____

@ Kingwood office

3RD Ablation is on:

Date: _____

Time: _____

Texas Cardiology Associates of
Houston Kingwood Location

Ultrasound:
Date: _____ Time: _____

Your Follow-Up Appointment is on:

Date: _____

Time: _____

@ Kingwood office

4TH Ablation is on:

Date: _____

Time: _____

Texas Cardiology Associates of
Houston Kingwood Location

Ultrasound:
Date: _____ Time: _____

Your Follow-Up Appointment is on:

Date: _____

Time: _____

@ Kingwood office