



Venous Ablation Instructions

Patient Name: _____

Venous Ablation (1st Ablation)

Date: _____ Time: _____ AM PM

Ultrasound

Date: _____ Time: _____ AM PM

Location

Address

Parking Information

Your Follow-up Appointment

Date: _____ Time: _____ AM PM

Location

Address

Parking Information

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.

Venous Ablation Pre & Post-Op Instructions

BEFORE THE PROCEDURE:

Medications

- ◆ **Coumadin** - Do not take your dose on the day before or the day of the procedure
- ◆ **Lasix** - Do not take the day of the 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 may 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, etc.
- ◆ House slippers or sandals
- ◆ An extra pair of underwear. (Iodine is used to sterilize your leg and will stain clothing.)

Information on Nuclear Stress Test 2/2

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 gain access to your vein.

AFTER THE PROCEDURE:

1. **Most Important:** Walk every hour - 10-15 minutes throughout the day to prevent any complications. It is not 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. If it is 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 to the nearest emergency room.**
2. Post procedure discomfort is usually minimal, as the vein tract has been numbed. However, if soreness develops then 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 the next 48 hours. If the bandage wrap loosens, please replace it with a compression stocking.
4. During the initial 48 hours you may take a sponge bath. No standing water such as a bath, jacuzzi, pool, etc. for two weeks after the procedure.
5. After 48 hours, the bandage/stocking may be removed and a shower may be taken, then reapply the compression stocking after the shower. Remove the sutures after two weeks if they have not fallen out on their own.)
6. 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
7. **REMEMBER!** No heavy lifting or strenuous exercise for 4 weeks or as discussed with your 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



AUTHORIZATION TO RELEASE HEALTH CARE INFORMATION

2ND Ablation is on:

Date: _____

Time: _____ AM / PM

*Texas Cardiology Associates of
Houston Kingwood Location*

Ultrasound

Date: _____

Time: _____ AM / PM

**Your Follow-Up
Appointment is on:**

Date: _____

Time: _____ AM / PM

*Texas Cardiology Associates of
Houston Kingwood Location*

3RD Ablation is on:

Date: _____

Time: _____ AM / PM

*Texas Cardiology Associates of
Houston Kingwood Location*

Ultrasound

Date: _____

Time: _____ AM / PM

**Your Follow-Up
Appointment is on:**

Date: _____

Time: _____ AM / PM

*Texas Cardiology Associates of
Houston Kingwood Location*

4TH Ablation is on:

Date: _____

Time: _____ AM / PM

*Texas Cardiology Associates of
Houston Kingwood Location*

Ultrasound

Date: _____

Time: _____ AM / PM

**Your Follow-Up
Appointment is on:**

Date: _____

Time: _____ AM / PM

*Texas Cardiology Associates of
Houston Kingwood Location*

Procedure Day Checklist

Picked Up Valium

Stopped Coumadin Does

Stopped Lasix

Have I let my doctor know that I am or
am not allergic to Iodine?

If I am diabetic, do I have an after pro-
cedure snack prepared to take with
me?

Have I arranged to make prepayment
with TCA?

Do I have a pair of thigh-high com-
pression stockings?

Other Notes:

