



## Venous Ablation Post-Operative Patient Instructions

### VenaSeal Closure System & ClosureFast RFA Procedures:

- Ambulate (walk, move about) frequently, every 1 hour, for 10-15 minutes sessions for the rest of the day. If procedure was done in the late afternoon, continue through the following morning.
- Avoid prolonged sitting or standing
- Avoid any strenuous activity or heavy lifting for 7 days.
- Unless directed otherwise, return to normal activity as soon as possible.
- Wear compression stockings for at least 1 week
- Pain medication (if prescribed): Tylenol, as directed (dose / frequency)
- Follow-up ultrasound 3-4 days after procedure, follow up with provider 1 week after ultrasound

Additional Physician notes:

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Follow-up ultrasound

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Although some tenderness and bruising along the treated vein is normal, contact your physician's office if the treated leg begins to bother you and if you have any questions or concerns.

