



## **HEART CLINIC OF COLOARDO**

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### **Pre-Procedure Instructions for VNUS Closure**

- Verify with your provider which prescription medications you may take prior to the procedure.
  - **PLEASE DO NOT TAKE VIAGRA, CIALIS, OR SIMILAR MEDICATIONS 72 HOURS PRIOR TO PROCEDURE.**
- You may drive yourself after the procedure unless other medical conditions prevent driving ability.
- Wear comfortable, loose fitting clothes. Slip on shoes are preferable.
- **HYDRATE** the day prior to the procedure. Make sure to **DRINK PLENTY OF WATER**. This will facilitate in the visualization of your veins.
- Take 2 tablets of Tylenol 500mg 1 hour prior to procedure.
- This is an outpatient procedure. Please allow at least 2 hour for the total procedure time.

### **Post-Procedure Instructions for VNUS Closure**

- **DO NOT REMOVE** wraps and/or compression stockings for 3 to 5 days. We recommend covering for bathing with waterproof material during this time.
- Wear compression stocking you were fitted with after your procedure for at least 2 weeks.
- After 2 weeks transition to alternative compression stocking for 1-2 weeks.
- You may return to normal activities following your procedure.
- Avoid strenuous activity or lifting for up to 5 days.
- Do not stand or sit for prolonged periods; for the next 24 hours elevate legs above heart level for 15 minutes every 2 hours.
- Ambulate every 2-3 hours, 30 minutes per session.
- You may take Tylenol as needed for pain. (All medication should be taken as advised by

the manufacturer).

- You will be scheduled for a follow up ultrasound NO LONGER THAN 7 DAYS POST PROCEDURE.
- IT IS NORMAL TO EXPERIENCE SOME TENDERNESS AND POSSIBLE BRUISING IN THE AREAS WHERE LOCAL ANESTHESIA WAS ADMINISTERED.
- You will be scheduled for follow up ultrasounds in 3, 6 and 12 month intervals following your procedure.

**CALL HCC IF YOU EXPERIENCE ANY OF THE  
FOLLOWING**

**Bleeding that does not stop after 10 minutes of pressure and elevation.**

**Prolonged tenderness, redness, or warmth along the treated segment.**

**Shortness of breath.**

**Swelling in the treated leg.**