



Colorado Heart Clinic

A Division of  Healthy Connections
Healthcare

Vito Calandro, M.D., FACC

10345 S. Parkglenn Way, Suite G-100 Parker, CO 80138

Phone: (303) 778-1171 Fax: (303) 778-1674

-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.



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- 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 CHC 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.