



## FOLLOWING YOUR VENASEAL (GLUE) PROCEDURE

- You may be required to wear compression hose. Please sleep in them the first night if applicable and wear them for \_\_\_\_\_.
- The day of the surgery - resume activities of daily living. Except DO NOT drive for 24-hours, if taking pain medication.
- You may shower the day after the procedure. Do NOT take a hot bath, do NOT use hot compresses, do NOT use whirlpools or saunas for 30 days.
- You may remove any bandages from the procedure during your first shower.
- Avoid prolonged sitting or standing in one place for the first week. If long distance travel is required, after two hours please stretch and exercise legs for 10-15 minutes.
- Take prescribed medications as needed for pain. Take Benadryl 25 mg the night before and every night at bedtime for 3 days.
- If you are having extreme discomfort or bleeding, notify the office immediately.
- Walk twice daily for 20 minutes. We encourage exercise, as much as your leg allows.
- Several days after the procedure, you may experience some inflammation and bruising on the inner aspect of your thigh. This inflammation and bruising is expected.
- When home, following surgery, keep the leg elevated when sitting. You may experience bruising.

Follow up Appointment: \_\_\_\_\_

Day: \_\_\_\_\_ Date: \_\_\_\_\_, Time: \_\_\_\_\_  AM  PM

**Please call (901) 683-1890 with any questions or problems.**