

## **Pre- and Post-Operative Patient Instructions for the ClosureFast™ Procedure**

### Pre-Operative Instructions

- Plan to take the full day off from work or other scheduled activities on the day of your scheduled appointment
- Arrange for someone to drive you to and from your procedure, if you are planning to take Valium
- Drink plenty of water the day before and day of your procedure to avoid dehydration and avoid caffeine and alcoholic beverages to allow easier access to the vein
- Do not wear your compression stockings for two days before your procedure
- Please take your morning medications, half the insulin dose and if you can, Ibuprofen/Motrin/Advil 800 mgm the morning of the procedure

### Post-Operative Instructions

- Ambulate (walk, move about) 10 minutes every hour while awake, during the first 24 hours after treatment
- Please keep the post procedure bandage for 48 hours/2 days unless specified otherwise, and then remove
- Avoid prolonged sitting or standing
- Return to normal activities as soon as possible, no lifting over 25 lbs for three days
- After removal of bandage, continue to wear the compression stockings on both legs for entire duration of treatment of all venous segment(s) and up to 2 weeks after completion of your last treatment, during waking hours or as specified. Please leave the steristrips on
- Do not submerge treated leg in water (bath, hot tub, pool, pond etc) until your incision is fully healed or for 7 days. May take showers
- Take any over the counter pain medication as needed, if your symptoms are worse you may speak to your primary care physician for alternate medication
- It is reasonable to experience tenderness, tingling, numbness, bruising and feel rope like segments, along the treated vein, if you still have concern's please contact our office. Also one of the benefits reflects in a lowering of your blood pressure, this may lead to dizzy spells, please notify us of this.
- You will have a follow up Venous Ultrasound in one week and six months, your follow up appointment with the physician may vary, any concerns please call:

**Office: (937) 979-1038**

**24 hour Hotline: (937) 463-1500**