



Information and Instructions for Closure Patients

PLEASE READ THIS INFORMATION CAREFULLY. THE INSTRUCTIONS ARE DETAILED. KEEP THEM IN A SAFE PLACE SO YOU CAN REFER TO THEM LATER.

You are scheduled to have a Venefit Closure procedure. The Venefit Closure procedure will be done in the office, at 1037 Route 46 East, Suite 202, Clifton, NJ 07013.

Please arrive 15 minutes prior to your scheduled surgery time. This will allow us time to complete any needed paperwork and prepare you for your procedure.

You will not be given any intravenous medication during your procedure. Instead, you will be given prescriptions for 2 medications that will help control any anxiety and discomfort during the procedure.

You will need to have someone drive you to the office on the day of the procedure and drive you home.

This packet includes the following:

- A prescription for Valium
- A prescription for a topical skin anesthetic cream called Emla will be transmitted directly to your pharmacy
- You will need to have a thigh high 20-30 mmHg compression stocking the day of the procedure
- A follow-up appointment for an ultrasound of your leg will be done a few days after your procedure.

Some general information regarding your procedure:

- You will not be having any veins removed at the time of the closure procedure. The closure procedure results in closing the treated vein to prevent blood from traveling in the wrong direction in your vein.
- Residual varicose veins may be removed in the future.
- Only punctures or a small incision will be made to perform Venefit Closure. With the Emla cream, Valium tablets and the local anesthesia used during the procedure, you will be very comfortable.
- The procedure will take approximately 1-2 hours.

Requirements for the day of the procedure:

- You may have light meals.
- You may take any essential medications.
- If you take aspirin, you do not need to stop taking it prior to the procedure.

- If you are on Plavix, ideally, it needs to be stopped 10 days prior to the procedure; however, YOU MUST CONSULT THE PRESCRIBING PHYSICIAN PRIOR TO STOPPING PLAVIX.
- If you are on Coumadin, ideally, it needs to be stopped 5 days prior to the procedure; however, YOU MUST CONSULT THE PRESCRIBING PHYSICIAN PRIOR TO STOPPING COUMADIN.
- Three hours prior to the procedure time, apply the Emla cream to the leg that will be treated. If your procedure is on the Great Saphenous vein (GSV) in the thigh, please apply the cream liberally from the calf to the groin on the inside half of your leg. If your procedure is on the small saphenous vein (SSV) apply the cream to the back half of the calf, back of the knee and lower back of the thigh. If the procedure is on a perforator vein, apply it from the inside of your ankle to the knee. Apply it like you are putting on sunscreen, but do not rub it in completely. Once it is on, wrap your leg is saran wrap! This will keep it in place and avoid soiling your clothes.
- Please wear loose clothing like sweat pants, sport pants, etc. to the office.
- Take one Valium pill about 1 hour prior to your arrival to the office.

DO NOT DRIVE AFTER TAKING VALIUM

- Please bring your additional Valium pill and compression stocking with you to the office.

When you arrive at the office, if you do not feel sedated enough, you may take a second dose of the Valium.

After Your Treatment:

- At the completion of the procedure, an ace bandage and your compression stocking will be applied to your leg. You will be asked to walk.
- You may leave when you feel comfortable. You should not have to spend more than 15 minutes in the office after completion of the procedure.
- Your activity should be minimal on the day of the procedure. You should rest with your leg elevated occasionally during the day. Short periods of ambulation are OK to get around the house and do basic daily activities. Do not walk or stand for long periods of time.
- Sleep with your compression stocking on for 2 nights.
- On the 2 days following your procedure, you may remove your stocking, ace bandage and shower. The stocking should be replaced following showering.
- You may resume normal daily activities the day after your procedure. Avoid heavy or aerobic exercise for two weeks following your procedure.
- You need to wear your compression stocking for the next 2 weeks every day after waking to when you go to bed. Wearing the stocking will reduce the likelihood of developing phlebitis and pain.
- Any discomfort should be able to be managed with Tylenol, Aleve or Advil.
- You need to have an ultrasound a few days following the procedure. **This is extremely important.**
- **If you develop pain, swelling of the leg, redness of the skin, blistering of the skin, fever or any other symptoms that you feel is out of the ordinary, please call and ask to speak with Dr. Nackman.**