

# Before your Venaseal™ varicose vein treatment

## What is Venaseal vein treatment?

Venaseal is a medical-grade sealant used to shut down defective veins. Tiny, controlled amounts of sealant are injected into the vein via a thin tube, using a special dispenser. All the while progress is monitored onscreen using ultrasound. When the sealant is in place along the vein, the surgeon puts pressure on the leg to seal it. Once the vein has been sealed shut, it will harden and gradually be absorbed by the body. Blood will naturally re-route through other healthy veins.

## What is sclerotherapy?

When your varicose vein is injected with sclerosant it's called sclerotherapy. Sclerosant is a chemical that causes your veins to collapse. Immediately after your vein is sealed, the remaining smaller varicose veins will be injected with sclerosant.

## What to expect

### Pre procedure

Our nurse will call you a few days before your procedure, this is a good time to ask any questions. Please tell the nurse about any medications you are on or any health concerns you have. Please let us know if you are planning on travelling long distance by air within the next six weeks. Domestic air travel is fine.

You will already have had a consultation with Dr Evans and either had an ultrasound scan

of your leg/s or this will be done immediately before your procedure.

### The day of your procedure

You can eat and drink as normal. You can drive afterwards but you may prefer to have someone collect you.

Please arrive on time for your appointment. Our nurse will take you through to the assessment room and admit you.

Dr Evans will talk to you, answer any questions you may have and if you are happy to go ahead, will ask you to sign a consent form.

The procedure takes approximately one hour and there is minimal discomfort.

### After your procedure

You will be fitted with thigh-length compression stockings as soon as the procedure is completed. We provide roll-on skin adhesive glue that will help to keep your stockings in place. We can give you a waterproof cover for when you shower.

See over for information on what to do after your varicose vein treatment.

# After your Venaseal varicose vein treatment

## What to expect after your treatment

Most people can resume normal activities and work after treatment. But it's important not to do anything too strenuous that raises your heart rate, like gym work, power walking, dancing etc because these can reopen your veins. This also includes heavy lifting – don't lift anything more than 10–12 kg. It's normal for hard lumps to appear along the treated vein and/or bruising; these will gradually diminish over the next few months.

## What pain relief should I use?

For pain or discomfort after your treatment take paracetamol (2 tablets 4–6 hourly), no more than 4gms (8 tablets) in 24 hours. You may also take an anti-inflammatory, such as Nurofen (ibuprofen), in conjunction with paracetamol.

## Managing your compression stockings

You need to wear your compression stockings continuously day and night for 10 days. Your stockings may be removed on \_\_\_\_\_. If you have some irritation from the silicone dots at the top of your stockings, try using curash powder (available at the supermarket) or tucking underwear or fabric into the top of your stockings to form a barrier. It's fine to get your stockings wet in the shower or we can give you a waterproof cover to help keep dry.

## Keep moving

It's important to keep moving after your treatment as using your legs regularly reduces the small risk of DVT (deep vein thrombosis). Over the next few days, we recommend walking around for a few minutes every half hour. Avoid standing still or sitting still for long periods. As well, you can go for long gentle walks each day.

You should also avoid swimming or hot tubs and baths while you're wearing your stockings, because of the risk of infection.

## What about travelling?

Talk to us if you're planning any long-distance travel by air within the next six weeks. Domestic air travel is fine. If you're going on a long car trip, we advise stopping every 45–60 minutes for a 10-minute walk. In between do some seated exercises, like ankle rotations, pointing and flexing.

## Follow up

Dr Evans will want to check your progress in about six weeks. A follow-up appointment by phone or in person (depending on what suits you) will be arranged before you leave the clinic. A nurse will call to check in on you a few days after your treatment.



## What should I do if I feel unwell?

In an emergency call 111.

Please contact us if you feel unwell after you leave and have any of the following:

- increased pain, redness or swelling in or around the wounds
- increasing swelling of the whole of your calf or thigh
- loss of sensation or difficulty moving your leg and/or foot
- excessive bleeding or your wound is oozing
- fever or chills
- chest pain and/or breathlessness
- any other symptoms you are worried about.

Call the practice nurse: 022 510 8161