

### **After Your VNUS Closure Procedure:**

- You may return to normal daily activities.
- Refrain from strenuous activities or heavy lifting for the next several days.
- Walk at frequent intervals, at least 30 minutes daily.
- Do not sit or stand for long periods.
- Wear the compression stocking until your 72-hour ultrasound follow-up.
- Ace bandage may be taken off before bedtime.
- No shower/baths for 3 days after your procedure.
- Due to local anesthesia, a small amount of clear to pinkish fluid leaking from the thigh is normal.
- Mild tenderness and bruising may occur and will decrease over time.
- Please contact the office if you experience severe pain and/or swelling in the treated limb.
- Tomorrow, roll down stocking and take off gauze with tape, roll stocking back up.  
\*\*\* If you start to bleed after taking off the gauze and tape, do not panic. You most likely developed a little scab over the puncture site and pulled it off when removing the gauze. If this occurs, simply hold pressure on the puncture site for 5 to 10 minutes and elevate your leg above heart level. The bleeding should stop.

**If you need to speak with someone after hours, please call (302) 731-0001 for the on-call Doctor.**

**WILMINGTON**  
701 Foulk Road  
Suite 2B  
Wilmington, DE 19803

**OMEGA**  
G-40 Omega Drive  
Newark, DE 19713

**GLASGOW**  
2600 Glasgow Avenue  
Suite 103  
Newark, DE 19702