



VNUS Closure Procedure/Pre/Post-Op Instructions

Required Visits

- **Initial Consultation** – In Office
- **Initial Ultrasound** – In Office
- **Follow up** –In Office with the doctor or a Registered Nurse to review test and treatment needed
- **VNUS Procedure** – In Office
- **Follow-up Ultrasound at 1 week and six months following Closure (to be scheduled by patient)**- In Office
- **You will see your doctor following your last ultrasound after your final closure**

Pre-Op Instructions

1. Compression stockings, 20-30 mm pressure, are required the day of your procedure. You may purchase these at our office, or if you prefer, we will write you a prescription for these in advance.
2. If you take medication routinely, take them the day of the procedure unless directed otherwise.
3. You may eat and drink normally before your procedure.
4. Wear loose clothing to the office the day of your procedure.
5. You may drive yourself to and from your closure procedure appointment.

Post-op instructions

1. Normal daily activity, including stairs is ok following your closure.
2. No heavy lifting for 72 hours (nothing greater than 20 lbs).
3. No exercise for 72 hours after dressing is removed.
4. You may return to work the following day.
5. You may resume long distance travel after your one week ultrasound.
6. You will remove the ace wrap and stocking the morning after the procedure. When removing the ace wrap have legs elevated and rest for 5 minutes before walking to shower. **Do not reapply the ace wrap.**
7. Continue to wear the stockings for 3 days both day and night.
8. Return to office one week after closure for ultrasound.
9. For pain management, you may take Tylenol, Advil or Motrin as directed.

If you experience any excessive leg discomfort or swelling please call the office at (301) 695-8346. After hours you may call Dr. McNeill directly at 301-748-1991.

Outcome Expectations

We would like to emphasize that taking care of your varicose veins may be a multi-step process. Initially, VNUS Closure will be done to seal the vein that is the source of the varicose veins and leg



symptoms. Subsequently, we will take care of the visible varicose veins. These procedures will vary, determined by the size and extent of your varicose veins. Drs. McNeill or Rosenberg will determine which procedures will be best for you and discuss this with you at your follow-up visit.

Recent studies indicate that the VNUS Closure procedure exhibits long-term enduring efficacy and persistent patient symptom relief. At the recent American Venous Forum meeting in February 2008, an international study showed 98% of treated veins were successfully closed.

The VNUS Closure procedure has revolutionized the treatment for venous reflux, and is now considered the new standard of care for patients with venous insufficiency. Capitol Vein and Laser has performed over 3000 Closures since 2001 and the doctors are among the most experienced in the country.