



ClariVein Procedure Instructions

Pre-Procedure:

1. Keep in mind these are medical procedures and sometimes there are unforeseen circumstances with previous procedures that may delay your procedure start time.
2. Eat a normal meal prior to coming for the procedure.
3. Take all prescription medications as prescribed by your physician. This includes medications for anticoagulation: Coumadin or Plavix.
4. For procedural anxiety, we offer PRO-NOX (Nitrous Oxide gas; also known as laughing gas). The system is patient controlled and the mixture is only administered when you inhale. This allows the patient to choose the amount of gas he or she will receive during the procedure. Patient is generally aware of the procedure but anxiety is greatly reduced. The effects of the PRO-NOX begin to take effect within seconds and wears off within minutes of discontinuation. It is generally safe to drive home after the use of PRO-NOX due to no lingering effects once administration is discontinued.

The PRO-NOX is an added cost of \$90/procedure.

5. We highly recommend taking two Extra Strength Tylenol or 800mg of Ibuprofen before the procedure.
6. Wear loose fitting pants and shoes.
7. Make sure you are well hydrated drinking 32oz of water prior to procedure. **DO NOT** drink caffeine 4 hours prior to procedure.
8. You may purchase a 20-30mm thigh high compression hose to be worn post procedure. These are available in our office.

Post-procedure care:

1. Your leg will be wrapped in a compression dressing which you will wear overnight. You may remove the dressing in the morning following the procedure. For your comfort, we recommend wearing a compression stocking for 4-5 days after the procedure.
2. Elevate your feet above your heart whenever you are sitting for extended periods of time.
3. Daily mild exercise, such as walking is advised. Avoid exercise that creates excessive core pressure in the abdomen, such as sit-ups, for at least 4 days after your procedure.
4. Avoid prolonged standing or sitting. Plan to stretch your legs for several minutes at least once every hour.
5. Avoid hot baths or tub baths for 48 hours after the procedure. Warm showers are fine.
6. Do not apply lotions or creams to legs after procedure for at least 2 days. Do not shave your legs for 2 days.
7. Avoid touching closure sites with unwashed hands. It is not necessary to apply antibiotic creams or ointments to sites to prevent infection after procedure unless directed by the doctor.
8. It is recommended that you do not fly for two weeks after the procedure.

What can be expected after closure?

After the procedure is performed, some patients have mentioned that they feel as though their leg is bruised. Some patients state that they have a "numb area" located below their calf, near the ankle. The sensations reported include numbness, achiness, tingling and/or a "zap" sensation. These nerve sensations are all considered normal.

Should the nerve sensation become uncomfortable, the patient can take 600mg of Ibuprofen every 6 hours with food or two Extra Strength Acetaminophen every 4-6 hours as needed. Applying warm compresses to this area is also recommended.

What will the patient’s leg look like after closure?

All patients can expect that his or her leg will appear to be swollen or puffy along the area where the vein was closed.

After the procedure, it is not uncommon for there to be some bruising. There may be some tenderness at the injection sites. Some patients have also experienced a reaction to closure called “staining.” Staining is completely harmless. The “stained” appearance usually resembles a bruise or a tea colored stain along the closed vein. This staining will fade over time, as the closed vein is absorbed by the body. We recommend applying Arnicare cream to treated areas twice per day as it will help reduce discoloration more quickly. Arnicare cream is available in our office.

What should a patient report to the doctor?

A patient may call and ask any questions or express any concerns that he/she might have after closure. However, there are certain symptoms or potential problems that should absolutely be reported. If a patient notices any of the following symptoms:

- Angry redness that radiates out from an injection site.
- Significant swelling with heat to an injection site or along the leg where vein was closed.
- Increased pain or pain that is not improving with consistent use of Ibuprofen or Acetaminophen for a period of 24 hours.
- Bleeding that is uncontrolled after applying direct pressure to the site for a least 2 minutes and elevating the leg above the heart.

What should a patient do if there is a serious problem after normal office hours?

As always, in case of a life-threatening emergency, call 911 or go the emergency room.

If the patient encounters an urgent problem outside of regular business hours, the patient should call Athens Vein & Thoracic Specialists at 706-850-3444. The answering service will direct the call to the appropriate provider. The chance of having a blood clot in the deep veins is very low. Additionally, it would be rare for a person to have difficulty in controlling bleeding after closure. The closure procedure is minimally invasive and requires only an approximate 2mm incision at the IV site. Holding firm pressure at the site is usually very helpful in stopping bleeding.

By signing below, I acknowledge that I have read the instruction form in its entirety. My healthcare provider has adequately informed me of all the instructions. All questions have been answered to my satisfaction.

Patient Printed Name: _____

Date of birth: _____

Patient Signature: _____

Date: _____

Witness Signature: _____

Date: _____