

PCI Medical Pavilion
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Unitypoint.org/cardiologyclinic

Endovenous Therapy

An Overview

Endovenous therapy is a minimally-invasive procedure performed under local anesthesia. A thin catheter is inserted into the vein and energy is applied, causing the vein to shrink and seal shut.

Discomfort

You may experience some discomfort and bruising, after the procedure for up to two weeks. Walking, compression stockings and non-aspirin, anti-inflammatories are recommended to ease the discomfort.

Expectations

The procedure may take up to two hours and you can resume normal activities immediately. Vigorous workouts, running and other such activity should be avoided for one to two weeks.

PRE-PROCEDURE INSTRUCTIONS

Please consider and follow these pre-procedural instructions prior to your procedure.

Driving

Endovenous therapy is performed in our office under local anesthesia. You will receive medication to help you relax, so please make arrangements for a responsible adult driver to take you home.

Food and medication

Minimal food or drink is recommended the morning of the procedure to enhance absorption of the medication. A light breakfast or snack is acceptable. Take your normal medications. If your procedure is in the afternoon, a light lunch is acceptable.

If you are on a blood thinner, please notify us immediately so we may speak with your primary physician and determine a course of action. Endovenous therapy may be performed while on blood thinners, but it is important that we are aware of this.

What to Wear

Do not wear compression stockings the morning of the procedure, but please bring them with you. They must be thigh-high, 20-30mm Hg or 30-40mm Hg compression strength. Wear loose-fitting, comfortable clothing.

Additional Instructions

In preparation for the procedure, please maintain a standing or sitting position (no walking) as much as possible for two hours prior to arrival. This increases the circulation to your legs, thus increasing the ease of the procedure.

Appointments:

RF Procedure:

Date: _____

Time: _____

24-72 hours ultrasound appointment*:

Date: _____

Time: _____

- ✚ Do not wear compression stockings to the appointment; however bring the compression stockings with you. These will be placed on your legs following the appointment.

4-6 week appointment with a provider and an ultrasound*:

Date: _____

Time: _____

- ✚ Five to seven days prior to this visit, begin weaning or stop wearing your compression stockings. This will help us to evaluate your symptoms.

*These appointments will be billed separately to your insurance as additional charges.

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POST-PROCEDURE INSTRUCTIONS

After your procedure you may resume normal activities with the following exceptions and suggestions.

Activity

You are encouraged to walk at least 20 minutes every few hours during the day. Walking will help the leg's recovery process. When not walking, you are encouraged to elevate your leg. Refrain from weight lifting or high impact activity with legs for one week. Do not fly for one week following your procedure.

Pain Management

You may experience discomfort or pain after the procedure for up to several weeks. An over-the-counter anti-inflammatory medication is recommended. You will also be given a prescription for a pain medication if indicated. Starting roughly on the 3rd to 4th day after the procedure, you may experience a pulling or tugging sensation in the affected leg. You may have redness, bruising, and tenderness. You may also experience hard, lumpy or cord-like areas in the treated leg. These are all normal effects and part of the healing process. Do not use heating pads or ice to affected leg.

Bathing

You may shower after the procedure. Remove your dressing and do not replace. No baths or soaking in water for 1 week. This includes swimming pools, hot tubs and lake or river water exposure.

Additional Instructions

Wear the compression stockings at all times (24hrs daily) until your ultrasound appointment or otherwise instructed. You may remove them to shower then replace. After that, you will need to wear your compression stockings for 2-3 additional weeks.

Insurance

Check with your insurance company prior to your procedure to ensure your procedure is a covered benefit with your plan. This will be billed as an office procedure. Please ask they quote your financial responsibilities.

If you're insurance company states you need a preauthorization, please notify our office. Our office will preauthorize any procedure and notify you when you are approved.

Important Billing Information

If you are unable to keep your testing appointment, you must contact UnityPoint Health-Cardiology Clinic 24 hours prior to your test time. Scheduled testing appointments that are missed or cancelled without the 24 hour advance notice may be subject to charges for pharmaceuticals or supplies specifically ordered for your test.