

## VARITHENA PROCEDURE-PATIENT INSTRUCTIONS

### Pre-procedure

- Eat your normal breakfast/lunch.
- Please shower prior to procedure.
- Wear loose, comfortable clothing.

### Post-procedure

- You may remove bandages and any compression wraps by the end of the day. Compression stockings may be helpful for any pain or swelling that may occur. If wearing the stockings is painful or uncomfortable, then you don't need to wear them.
- You may return to work the same day. If your occupation is more strenuous, then you may find it helpful to take a day or two off from work.
- Normal exercise may resume right away. Discuss with Dr. Karamichos if you plan to do anything more intense.
- Avoid flying and long car trips (greater than two hours) for 1 week following the procedure. If you do need to travel, please speak to the doctor.
- For pain or discomfort, take if needed:  
Ibuprofen (Motrin/Advil) 200mg tablets, take 2-3 tablets every eight hours with food **OR**  
Naproxen (Aleve) 225 mg tablets, take 1-2 tablets every twelve hours with food

### Follow-Up Appointment

- A follow up ultrasound will be scheduled within one week after the procedure. This is done to check for blood clots (which can happen in approximately 0.2% of cases). Additional appointments will also be scheduled as needed as part of your personal treatment plan.