



# Venous Ablation

*How to prepare and what to expect*

This handout explains what to expect during your venous ablation. It also gives instructions to follow before and after your procedure.

## How to Prepare

### *1 week before your procedure:*

- Buy compression stockings. You will wear these day and night for 3 days after your procedure.
- If you have diabetes, talk with your diabetes care provider about how to manage your diabetes, since you will not be able to eat or drink for several hours before and during the procedure.

### *24 hours before your procedure:*

- Do not eat or drink anything after midnight the night before your procedure.
- You may take your usual medicines with small sips of water.

### *On the day of your procedure:*

- Bring someone with you who can drive you home.
- Bring your compression stockings with you.
- Arrive at the hospital 1 hour before your procedure is scheduled to start.
- You will be told ahead of time whether you should take the Pacific elevators to:

Radiology, on the 2nd floor

Or:

The Short Stay unit on 4-South

If you go to 4-South when you arrive, you will be taken to Radiology after you receive treatment on 4-South.

**UW Medicine**

---

UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

---

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Weekdays from 8 a.m. to 4 p.m., call the Surgical Specialties Nurse Advice Line at 206-598-4549.

After hours and on weekends and holidays, call 206-598-6190 and ask for the resident on call for Surgery to be paged.

Or, ask for your surgeon to be paged:

Dr. \_\_\_\_\_

## At the Hospital

### *When you arrive at Radiology:*

- You will be given a gown to change into.
- A staff member will escort you to a waiting area.
- The doctor who will do your procedure will mark your vein with a black marker.
- A nurse will put EMLA cream on your leg and cover the area with clear plastic. EMLA cream numbs your skin in about 45 minutes. This is done so that you do not feel the needle pokes when the doctor numbs your leg before the procedure.
- Staff will take your blood pressure. They will also ask you to verify your name, the procedure you are preparing for, and which leg is being worked on. Your answers help us be sure we are providing the correct medicines and medical treatments for you.
- You will then go into the sterile procedure room, where your leg will be cleaned. Sterile cloths will be draped around your leg.
- Your doctor will then numb your leg by injecting lidocaine with epinephrine in the area around your vein. This is done in several small injections.
- When the area is completely numb, your doctor will do the venous ablation procedure.

## After Your Procedure

- You will receive self-care instructions to take home and follow.
- Your leg will be bruised and sore for about 1 month. It may be very bruised for several days after your procedure. This is all normal and is part of the healing process.
- You will have a follow-up visit in the clinic 3 weeks after your procedure.
- As you heal, you may have a “rope-like” feeling where your vein used to be. It takes the body a while to break down and absorb the tissue that was your vein. This feeling will go away when your healing is complete.

**UW Medicine**

UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

**Surgical Specialties Center**

Box 356165

1959 NE Pacific St. Seattle, WA 98195  
206-598-4477