



# VenaSeal Preoperative Instructions

## What is VenaSeal?

VenaSeal is a minimally invasive procedure that uses a medical adhesive to treat varicose veins and venous insufficiency. With a small catheter and ultrasound guidance, the adhesive is injected into the diseased vein, sealing it shut. This redirects blood flow to healthy veins and can relieve the pain, heaviness, and fatigue associated with varicose veins and venous insufficiency.

This procedure is an alternative to [surgical ligation and stripping](#), and offers advantages like minimal pain, bruising, and downtime.

## Procedure Prep / Instructions

1. Arrive 30 minutes before your scheduled procedure for preparation.
2. Wear loose/comfortable clothing to your appointment.
3. Refrain from shaving your legs the morning of the procedure. This will reduce the risk of razor burn irritation from the sterilizing wash.
4. Avoid using moisturizers or lotions on the leg that will be treated.
5. Take all regular medications on the day of the procedure.
6. Fasting is not required; eat a normal breakfast or lunch.
7. **HYDRATE!!! It is crucial to be hydrated during this procedure. Hydration opens your veins, giving your doctor easy access and allowing the procedure to go smoothly.**
  - **We recommend you drink 1 LITER OF WATER the morning of your procedure.**
8. If you have any questions about preparing for your procedure, please contact our office – (603) 323-0883.