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### **Important Information About Your ClosureFast™ Procedure:**

If you have been diagnosed with symptomatic venous reflux disease, and if you meet medical eligibility criteria for treatment, we can schedule you for the ClosureFast™ procedure. If you suffer from reflux in several anatomic zones, we typically will schedule each zone on a separate day, for example left thigh, and then left calf. We do this for both anesthetic limitations and for sterility purposes.

### **The Day of Treatment:**

We ask you to maintain your normal routine. You may eat a light meal prior. It is important to be in a normal state of hydration, i.e. do not be dehydrated. The ClosureFast™ procedure takes approximately 15-20 minutes, though patients normally spend 60-90 minutes in our facility due to normal pre- and post-treatment procedures. Feel free to bring your Mp3 player to enjoy during treatment.

### **Follow Up:**

You will have a follow-up ultrasound within the week following the procedure. Plan to be in the office for approximately 30 minutes. You will have another ultrasound at six weeks post treatment. We ask that you wait at least six weeks before starting a course of Sclerotherapy as veins that are visible immediately after ClosureFast™ may fade with time.

### **Is there discomfort?**

Patients report feeling little, if any, pain during the ClosureFast™ procedure. We use a local anesthetic to numb the treatment area. We make sure our patients feel comfortable and relaxed throughout the entire experience. It is normal to have some achiness or some bruising after treatment. Is it also normal to have no symptoms immediately after treatment and then notice some inflammatory symptoms as mentioned above, a week or a month following treatment. Do not hesitate to contact one of our on call physicians for any questions in this regard.

### **Insurance Coverage:**

The ClosureFast™ procedure is usually covered 80-100% by most insurance plans. Most insurance companies determine coverage for all treatments, including the ClosureFast™ procedure, based on medical necessity. Most insurance companies require a period of conservative treatment attempts, including a history of compression stockings use. Be sure not to omit this information on your medical history form. We will provide all these documents and obtain authorization prior to treatment, if necessary. While our preauthorization staff will assist in checking your insurance benefit, it is the responsibility of the patient to determine their personal benefit information. Plan deductibles and coinsurance are not covered by the physician. Once authorization has been obtained by the physician's office, the patient is the required to determine any out-of-pocket costs by calling their benefits department located on the back of the insurance card.

### **Will my legs look better after the ClosureFast™ procedure?**

The ClosureFast™ procedure addresses the underlying medical cause of your varicose veins. While many people do notice visual improvements after treatment, be advised that ClosureFast™ is not done for cosmetic benefit. You may need or desire adjunctive treatment to ClosureFast™ to clear varicosities and spider veins that still may be visible after ClosureFast™. At Desert Vein and Vascular Institute, we can treat these veins with Sclerotherapy. If you are interested in Sclerotherapy, we can schedule a consultation with one of our Sclerotherapists at 6 weeks from the ClosureFast™ procedure.

Note that adjunctive treatments, which are considered cosmetic, are not covered by medical insurance. The ClosureFast™ procedure is not a cure-all and while dramatic cosmetic improvements can and do occur with ClosureFast™, individual results vary. If there are specific questions regarding cosmetic expectations, please discuss these with your physician.

#### **Driving:**

We recommend having someone drive you home the day of the procedure due to expected numbness in the treated leg. Safety is our priority and we will help arrange transportation if needed.

#### **Following the Procedure:**

Do return to your normal activities following the procedure. We encourage aerobic exercise such as walking, treadmill with low resistance and low incline, stationary bike, or elliptical with low resistance. Limit lifting to less than 10-15 lbs. Refrain from any strenuous activities such as resistance weight training and high impact aerobic activity, such as running for 30 days following treatment. Avoid prolonged periods (more than 90 minutes continuously) of standing or sitting. You may shower the morning following treatment, but avoid swimming or baths for 7 days following treatment.

#### **Medications:**

Tylenol or Acetaminophen may be used per label instructions for any discomfort following the treatment. Be sure to discuss blood thinner medication, such as Coumadin or Plavix, with your surgeon.

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#### **Important Information about your Compression Stockings:**

Following the Closure® procedure we will fit you in Venous Compression Stockings (20-30 mmHg compression). We ask that you bring the compression stockings with you on the day of your procedure. We ask that you wear stockings for a minimum of 7 days following Closure®. Your physician may request a longer period depending on the severity of your existing vein disease. The stockings are thigh or waist high. Your physician may request that you wear the stockings both day and night for the first two days following treatment. If you notice significant discomfort or numbness in the feet or toes, take the stockings off and notify our office immediately. We highly recommend that you wear your support stockings for any air travel or prolonged sitting car or train trips for 6 months following treatment.

#### **Care of the Stockings:**

Hand or machine-wash with warm water and mild soap or detergent. No chlorine bleach. Warm water rinse. Hang or lay flat to air-dry. You may need to dry in a dryer with air but no heat, or delicate setting. We suggest that you place your stockings in a mesh laundry bag in order to help protect them during the wash cycle.

#### **Helpful Hints:**

- Your skin should be dry.
- Applying a thin layer of cornstarch or powder will help the stockings slide over your skin.
- You should remove rings and jewelry that can damage your garment.
- You may wear rubber or vinyl gloves to prevent fingernails from damaging the fabric. The gloves also help provide grip to distribute the fabric more easily.
- Avoid rolling, gathering, or bunching the fabric, as this will only increase the pressure— similar to creating a super rubber band-like effect.
- Apply moisturizer to your legs in the evening rather than just before putting on your stockings.

Please call us with any questions!  
760-568-3461