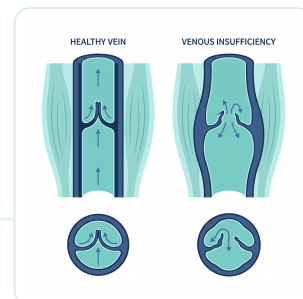


PATIENT EDUCATION · VASCULAR & VENOUS PROCEDURES

Venous Ablation

Venous insufficiency can cause leg swelling, heaviness, aching, varicose veins, and other venous-related lower-extremity symptoms. Venous ablation is a select procedure that may be appropriate for eligible patients. Vascular services are provided through a cooperative partnership with a local vascular group. Not every venous procedure is performed on-site.

At a Glance



For educational illustration only.

Focus area	Vascular & Venous Procedures
Goal of care	Venous insufficiency can cause leg swelling, heaviness, aching, varicose veins, and other venous-related lower-extremity symptoms.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Patients with leg swelling, heaviness, or aching
- Those with varicose veins or venous-related symptoms
- Eligible patients identified during vascular evaluation

How We Evaluate

- Evaluation of venous symptoms and history
- Vascular ultrasound coordination when available
- Care planning with the cooperative vascular team

When to Seek Care

- Leg swelling, heaviness, or aching
- Varicose veins or skin changes in the lower legs
- Non-healing wounds or venous-related symptoms

Treatment Options

- Conservative care such as compression and activity guidance
- Endovenous ablation for eligible patients
- Coordination of additional venous procedures when appropriate

What to Expect

1

A coordinated evaluation with the vascular team

2

A care plan based on your symptoms and findings

3

Follow-up communication between care teams

Your Surgery Journey — Before, During & After

BEFORE SURGERY

- Complete any requested labs, imaging, or medical clearance
- Review your medications with us — some may need to be paused
- Follow eating/drinking instructions if anesthesia is planned
- Arrange a ride home and loose, comfortable clothing
- Wash the foot the night before; remove nail polish if asked

DURING SURGERY

- Local anesthesia numbs the area for most office-based procedures
- You may feel pressure or movement, but should not feel sharp pain
- Most procedures take roughly 30–90 minutes
- Our team monitors your comfort throughout

AFTER SURGERY

- A sterile dressing protects the surgical site
- You may receive a surgical shoe or boot for walking
- Mild soreness is normal as numbness wears off
- Written instructions and follow-up scheduling before you leave

Dr. Wigley's Post-Op Instructions

1. Keep the dressing clean, dry, and in place until we remove or change it — no peeking.
2. Elevate the foot above heart level as much as possible for the first 48–72 hours.
3. Apply ice as directed (about 20 minutes on, 20 off) over the dressing — never directly on skin.
4. Take medication exactly as prescribed; stay ahead of pain rather than chasing it.
5. Follow your weight-bearing instructions and wear the surgical shoe/boot whenever walking.
6. No soaking, baths, swimming, or getting the site wet until cleared at follow-up.
7. Call the office right away for: fever over 101°F, spreading redness, foul drainage, bleeding through the dressing, severe pain not relieved by medication, or new calf pain/swelling.
8. Keep every follow-up appointment — healing is monitored at each visit.

Important: These are general guidelines. Always follow the personalized instructions given to you at your visit — they take priority over this handout. Questions after surgery? Call (305) 895-9528.

Common Questions

Is venous ablation covered by insurance?

Coverage depends on your plan, documentation, and medical necessity requirements. We do not guarantee insurance coverage.

Are all vein procedures done in your office?

No. Select eligible office-based venous procedures may be performed on-site. Others are coordinated through our cooperative vascular partnership.

Sources & Further Reading

• Society for Vascular Surgery — vascular.org

• MedlinePlus, U.S. National Library of Medicine — medlineplus.gov

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.