



## Vein Procedures – Pre-op Instructions

Your Vein Procedure is scheduled for: \_\_\_\_\_

Please arrive at: \_\_\_\_\_ a.m./p.m.

Before your procedure:

- ❖ Avoid aspirin and other blood thinners for 5 to 7 days prior to the procedure.
- ❖ Take all of your other normal medications, unless directed otherwise.
- ❖ 1 hour prior to your arrival, generously apply entire tube of anesthetic cream to the inside of leg/area being treated, from high in the groin to mid calf, do not rub it in like lotion, layer it on like frosting, then wrap the leg in plastic wrap. Patients having their LSV treated, apply the cream to the calf.
- ❖ Please arrive at the designated time so that we may review your paperwork and give you a mild sedative.
- ❖ Arrange for a family member or friend to drive you home afterwards.
- ❖ Eat breakfast or lunch, avoiding greasy or heavy foods.
- ❖ Avoid caffeine the day of your procedure. You may resume caffeine when procedure is completed.
- ❖ Wear loose fitting clothing and comfortable walking shoes.
- ❖ You may bring a CD or iPod to listen to during the procedure.
- ❖ You **MUST** bring your prescription **20-30 mmHg THIGH HIGH** compression stockings with you on the day of your procedure. If we are only treating the short vein (lesser saphenous) in the back of your leg, you may only require a knee high.
- ❖ Do not wear your compression stockings to your procedure, although you will be required to wear the hose for a continual 48 hours, (which means no shower until after 48 following the procedure), and then daily for 2-3 weeks.
- ❖ We will schedule a follow up visit to include an ultrasound **one week** following your procedure, and then again at **one month** and **three months**, in which your **co-pays and deductibles will apply to these visits**.
- ❖ *Cancellation policy:* We are sympathetic to unexpected emergencies that may arise. We would ask that you notify us as soon as possible if you feel you will not be able to make it to your scheduled procedure. Repetitive cancelling and rescheduling will be reviewed and/or a rescheduling fee may be required.