



## Vein Procedures: Pre-Op Instructions for EVLT

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

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

### **Before Your Procedure:**

- Avoid aspirin and other blood thinners including herbal supplements for 5 to 7 days prior to the procedure.
- Take all of your other normal medications, unless directed otherwise. If you have prescriptions for pain medications and/or sedative medications you **MUST NOT** take any of these at home prior to your procedure unless you have been directed to do so by your physician. We will give you these medications at our office when you arrive.
- **On the morning of your procedure** please shower since this will help remove any normal bacteria that are found on your skin and lower the risk of contamination/infection.
- **1 hour prior to your arrival** cut the bottom end off of the tube of numbing cream and apply the entire tube to the area on the leg being treated. GSV: between the legs from high in the groin to mid-calf. If you were sitting with your legs together; the area where your legs touch would be the area to apply the cream. LSV: on the calf from ankle to behind the knee. If having both GSV and LSV treated, apply  $\frac{3}{4}$  to inner leg and  $\frac{1}{4}$  to calf. Do not rub it in, just spread it around the leg and then cover it with a layer of plastic wrap. We also recommend you apply some cream to any visual veins that are to be removed (phlebectomy).
  - ❖ Apply cream at: \_\_\_\_\_ (see video on our website & click on the word Treatments)
- For your safety, and the safety of others, you **MUST** arrange for a family member or friend to drive you home afterwards.
- Eat breakfast, lunch, or have a snack prior to coming.
- Avoid caffeine the day of your procedure. If your procedure is in the afternoon you may have minimal caffeine in the morning but none after 9 am.
- You may bring a CD or iPod to listen to during the procedure.
- **You MUST bring your freshly washed prescription 20-30 mmHg THIGH HIGH compression stockings with you on the day of your procedure.** If we are only treating your lesser saphenous vein (back of the calf), you may only require a knee high. You will be required to wear the hose for a continual 48 hours (which means no shower) following your procedure, and then daily for 2-3 weeks.
- **You will need follow up ultrasounds one week following your procedure, possibly again at one month if you are having any healing issues, and a final visit at four months, in which your co-pays and deductibles will apply.**