

PRE PROCEDURE INSTRUCTIONS

What to expect at the time of procedure:

Although many patients experience anxiety when faced with an out-patient procedure, we would like to reassure you that this process involves very little discomfort and afterward, you will be able to walk out of the room on your own accord. You will be given a pain medication (Tramadol) and also something to relax you (Valium) to make the process more comfortable. The entire procedure is done under local anesthetic (Lidocaine) and will take approximately an hour. The only discomfort you may experience will be a few needle sticks similar to giving blood. Afterward, a dressing will be applied at the site of treatment along with a stocking.

Medication

You will be prescribed 3 medications (Tramadol, Valium and Ibuprofen) which you will need to pick up prior to the procedure. Bring the medications with you on the day of the procedure and take them in the waiting room as soon as you arrive. If you weigh less than 110 lbs or if you are more than 70 years old, please take only ½ a Valium.

IMPORTANT:

If you are having the phlebectomy procedure (vein removal), stop taking Coumadin, Plavix or Aspirin 5 days before the procedure. You may resume taking these medications 2 days following the phlebectomy.

Stockings

If you already have purchased stockings from us from previous procedures, please bring them with you, otherwise, stockings will be provided for you (for a fee) following the procedure.

Attire

Please wear loose clothing and do **not apply any lotions to your legs** the day of the procedure.

Breakfast and Lunch:

Please be sure to eat prior to coming in for your procedure because the medications may upset an empty stomach.

Driving:

You will need to bring someone to drive you home if you choose to take the Valium. You should not drive on the day of the procedure but can resume driving the following day.

Recovery Time:

You may return to work the following day. However, you may not lift more than 30 lbs, run, jog or perform any high impact/aerobic activities. Any sports that involve jumping such as tennis, football, basketball, etc. must also be avoided. Walking, treadmill, elliptical machine, low impact activities such as golf and bowling, and normal household activities are not restricted.