

VEIN THERAPY INSTRUCTION SHEET

Please read all instructions carefully after your consultation and a few days before your procedure.

Before All Procedures

*You will be contacted by our office before your procedure to confirm the date and time. If for some reason you need to reschedule your appointment, please give the office as much advanced notice as possible, **No less than 2 weeks** unless emergency situation.*

- If possible, try not to plan long trips or air travel for approximately 3 weeks after your procedure.
- Avoid tanning your legs with the application of heavy sunscreen for approximately 1 month prior to your treatment. (This will also be required after treatment, see below.)
- The time that you will require out of work will depend on the activity required of your job. Please review what to expect after your procedure to determine how much time you may require.
- A mild anti-anxiety medication can be prescribed for you to take prior to your procedure. You **cannot drive** the day you take this medication and **must** have someone drive you to and from the procedure.

You *must* wear a compression stocking after all procedures. You are required to bring your own stocking to the office the day of your procedure or your procedure may be canceled (type specified below for each procedure). REMEMBER, YOU MUST GO TO A STOCKING SUPPLIER TO OBTAIN STOCKINGS; WE DO NOT CARRY STOCKINGS AT THE OFFICE.

- You may need to arrange family assistance if your daily activities require lifting or if you need assistance with putting on or taking off your compression stocking.
- Take all your usual medications the day of your procedure unless specified (Phlebectomy below).
- Please make sure our staff are aware of any medication changes, new allergies, if a new medical condition has developed or if you have had changes to your insurance since you were last seen in our office.
- Eat regularly prior to your procedure. Make sure you are well hydrated when you arrive to our office and use the bathroom before you go in for your procedure.
- Shower the morning of your procedure. Do not use moisturizer or lotion on your legs the day of your procedure.
- Wear loose fitting clothing to allow for bulky bandages.
- Wear comfortable, safe, walking shoes or sneakers to the office.
- May need to obtain Deep Vein Ultrasound. Prescription will be provided.

Phlebectomy (CPT CODE: 37765-vein removal) Right / Left

- Discontinue aspirin, NSAIDs (Advil, Motrin, Aleve, etc) or blood thinners for 5 days before your procedure (Please call the office for questions or if you are on prescription medicines such as Coumadin or Plavix).
- You will be prescribed an antibiotic and anti-anxiety medication. Take as directed.
- You **must** have someone to drive you to and from the office.
- You will need a compression stocking 30-40mm/ Hg chaps-style with waist attachment.

EVLA (CPT CODE: 36478-laser) Right / Left

- You will need a compression stocking 30-40mm/ Hg chaps-style with waist attachment.

Sclerotherapy (CPT CODE: 36471-injections) Right / Left

- You will need a compression stocking 20-30mm/ Hg thigh-high or pantyhose.

What to Expect After All Vein Procedures

- You will need to wear a compression dressing after the procedure (directed below). Your dressing will be firm but your toes should be pink and move freely. Please call our office if your dressing is causing you **any** problems.
- Please follow the recommended activity for [48 hours after a Sclerotherapy procedure](#): Limit your activity to routine and necessary activities. **No lifting** more than 15lbs. **No strenuous exercise** or motion that causes abdominal straining such as impact aerobics, weight training, yoga, bicycling, and running.
- Please follow the recommended activity for [7 days after an EVLA and or Phlebectomy procedure](#): Limit your activity to routine and necessary activities. **No lifting** more than 15lbs. **No strenuous exercise** or motion that causes abdominal straining such as impact aerobics, weight training, yoga, bicycling, and running.
- **Walking** is very important after your procedure. You are required to take a minimum of three 15-minute walks or non-impact aerobics (elliptical or treadmill) per day, for 2 weeks. **The more you walk the better you will feel.** When you are not walking, try to **elevate** your leg as much as possible. Avoid standing in one place for a long period of time whenever possible. Avoid long trips or air travel for approximately 3 weeks after your procedure.
- **Avoid very hot baths or showers.**
- Resume normal diet and medications after your procedure unless otherwise instructed by your physician.
- It is not unusual for pink or clear anesthesia fluid to leak onto your bandage. Rarely a patient may have some mild bleeding. If this happens, raise your leg and apply pressure for 15 minutes. It will stop.
- Expect bruising and mild swelling after your procedure. The treated veins sometimes become tender, firm or red. This is local inflammation as the veins close and it will respond to anti-inflammatory medications, walking, and leg elevation. Fever is not normal, please call the office if you have a fever 101° or above.
- You may experience variable amounts of pain after your procedure. The sensation of pulling or stretching is not uncommon and is a sign that the veins are shrinking. This is a good sign but may last weeks or months. The more you wear your compression stocking, walk and elevate your leg, the quicker your leg will heal.
- You may develop temporary skin discoloration along your treated veins after your procedure. Avoid sun-exposure to the areas by applying strong sunscreen until the discoloration fades. (This process varies greatly: weeks for some patients, months for others.)
- Use antibiotic ointment (Bacitracin / Neosporin etc.) covered with a dry bandage on any open areas.

Phlebectomy

- You **must** have someone drive you home from the office.
- If possible, elevate your leg on the back seat of the car as you ride home.
- **Do not remove your dressing at all** (not even to shower). We will remove your dressing at your follow-up appointment in 1 week at which time you will leave the office wearing only the compression stocking. From this point on, continue to wear the stocking from morning till night for the next 1-2 weeks, until there is no pain or swelling. You may remove the stocking only to sleep and shower.
- Light walking is required in or close to your home today. Tomorrow you may walk as much as you want, minimum 15 minutes 3 times per day.
- Complete the full course of antibiotics as prescribed.

EVLA / Sclerotherapy

- You may walk as much as you want the day of your procedure, minimum 15 minutes 3 times per day
- You must wear your compression dressing 3 full days and nights without removing it (not even to shower). On _____ remove the stockings and bandages for a short shower and put the stocking back on immediately. From this point on, wear the stocking from morning till night, removing it only to sleep and shower. After follow-up visit, continue to wear your stocking until there is no pain or swelling.

Post Vein Procedure medications:

Prescription pain medicine is usually not required. It is recommended that you take the medications listed below (preferably ibuprofen) to help swelling whether you have pain or not. Please notify our staff if you are unable to take these medications.

Discontinue these medications if you are having stomach upset or other difficulty and contact our office.

- Ibuprofen (Advil, Motrin) 400mg every 6 hours for 5 days (preferred) or
- Naprosyn (Aleve) 225 mg every 12 hours for 5 days or
- Acetaminophen (Tylenol) extra strength 1000mg every 6 hours for 5 days

IF YOU ARE HAVING EXTREME DISCOMFORT, DRAINAGE, RASH OR FEVER NOTIFY THE OFFICE IMMEDIATELY

Feel free to call the office if you have any questions at: **(401) 432-2400 option 5**

After hours, if your question is urgent call pager **(401) 763-0155**

After the beep, enter your phone number, then press the # key and hang up.

You will receive a call back from the on-call physician.

If you do not receive a call back in a timely manner, please contact the operator at 401-444-4000 and ask for the Interventional on-call Radiologist to be paged.

- **PROCEDURE TIME IS RESERVED FOR YOU. CANCELLATION OR RESCHEDULES MUST BE DONE TWO WEEKS IN ADVANCE.**

Patient Signature: _____ Date: _____

Follow up Appointment _____

FOR OFFICE USE ONLY:

On Treadmill: _____

Off Treadmill: _____



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