

**PRE-OPERATIVE INSTRUCTIONS**  
**Laser and/or Phlebectomy**

**VEIN PROCEDURE PATIENT INSTRUCTION SHEET**

Endovenous Laser Ablation ● **Sclerotherapy** ● Ambulatory Phlebectomy

**Performed by: Dr. Ziad Abbud or Dr. Laith Zamelanne**

These procedures are performed in our fully accredited, state of the art Vein and Vascular Center located on the **4<sup>th</sup> Floor** of our office building.

**American Heart Center's Vein and Vascular Center**  
**1900 Corlies Avenue (Route 33)**  
**4<sup>th</sup> Floor**  
**Neptune, NJ 07753**

Please call our main office phone number, **732-663-1123**, to schedule.

**Required Instructions:**

- Please **hydrate well 2 days prior to your procedure. Drink plenty of water.**
- You will be not permitted to drive home from this procedure. Please arrange for someone a **driver** to and from our office the day of the procedure. You will be required to provide the office staff with the name and a cell phone number of your driver. No driving is permitted for 24 hours after the procedure.
- You will receive a prescription for two tablets of **Valium** 5mg, an oral sedative. Please have this prescription filled a few days prior to your procedure. You may take 1 tablet of Valium 1 hour prior to your procedure if you feel you need it. Please bring the other tablet with you to your procedure.
- Please wash your leg with an antibacterial bar soap the day of the procedure.
- Do not apply lotion, Vaseline, bath gel, etc. to your legs the day of the procedure.

## PRE-OPERATIVE INSTRUCTIONS

### Laser and/or Phlebectomy

- Do not shave your legs the day of the procedure, however, some shaving may be done by the physician during your procedure.
- If you are on Diabetic medications, please take your diabetic medications as you regularly would. Please be certain to eat before your procedure to keep a stable glucose level. Fasting is not required.
- If you are on Blood Pressure medication, please take it as you regularly would.

### Important Information

**Blood thinning medication MUST be stopped prior to procedure.**

If you are on any of the following medications listed below, please adhere to the required amount of days you must hold your medication.

- **Coumadin (Warfarin, Jantoven):** Please stop **3 days prior** to procedure.
- **Eliquis:** Please stop **2 days prior** to procedure.
- **Xarelto:** Please stop **2 days prior** to procedure.
- **Pradaxa:** Please stop **2 days prior** to procedure.
- **Anti-inflammatories** (Advil, Ibuprofen, Motrin, Aleve, Naprosyn, Celebrex, Mobic, etc): Please stop **3 days prior** to procedure.
- **Lasix (Furosemide) or Bumex:** Please do not take **4 hours prior** to procedure.

### What to bring the day of your procedure:

- **Compression Stockings** (20mmHg-30mmHg strength)
- Your prescribed Valium for relaxation if needed.
- Please wear loose fitting shorts, pants, or a loose fitting skirt. (No jeans)  
We recommend slide-on shoes. (No boots)

## PRE-OPERATIVE INSTRUCTIONS

### Laser and/or Phlebectomy

#### What to expect the day of the procedure:

- You are scheduled to undergo an Endovenous Laser Procedure/ Phlebectomy/ and/or Sclerotherapy to treat your varicose veins.
- Please notify us if you are pregnant, breastfeeding, or on oral contraceptives. You cannot receive sclerotherapy if you are pregnant or breastfeeding.
- This procedure should take approximately 1 hour. We respect your time and desire to limit any delays, however, we will take as much time as needed to care for you and our other patients scheduled that day.
- **You MUST bring your thigh-high or full wais compression stockings (20mmHg-30mmHg) with you on the day of your procedure.**
- There is no need to modify your normal activity. You can return to work immediately. Avoid prolonged sitting or standing in one place. Avoid high impact aerobics, weight lifting and running for 7 days.

This is a very safe treatment, however, the response to following the injections should be understood:

- The injected areas may be sensitive and swell slightly
- The area may look black and blue.
- Some tender lumps may form along the treated veins.
- You may feel a “pulling” sensation along the vein.
- Remember, sclerotherapy is a process, not a procedure. Your legs may look worse before they look better. This is a normal pan of the treatment process.
- If your legs are uncomfortable after treatment, walking will help. An anti-inflammatory medication (Motrin, Advil) will help if you have mild aching.

These responses to the injections are normal and temporary. Many patients receive treatment without any reaction at all.

# PRE-OPERATIVE INSTRUCTIONS

## Laser and/or Phlebectomy

### **What to expect after your procedure:**

- You will have a dressing or compression garment on your leg. You will receive instructions after your procedure, but you should expect for the dressing to remain in place for 24 hours after your procedure. You will not be able to get your dressing wet.
- You must wear your compression stockings daily for at least 2 weeks after your procedure.
- Walking twice daily for 20 minutes is encouraged and promotes healing; however, please avoid strenuous exercise for 1-2 weeks following your procedure.
- Avoid prolonged sitting or standing for 1 week.
- Elevate your legs at least 3 times daily for 5-10 minutes.
- You may shower after the first 12-24 hours and clean the treated leg, but try to avoid submerging the leg in water.
- Refrain from swimming, using a hot tub, or taking a hot bath for 1 week following your procedure.
- Do not fly for 1 week (domestic), 2 weeks (international) following your procedure.
- Avoid long car, bus, or train rides for a minimum of 2 weeks.
- Avoid exposure to excessive sun for 1 month following the procedure.
- It is normal to experience bruising, soreness, and a tightening sensation for 2-3 weeks following your procedure. You may take over the counter pain medications such as Tylenol or Advil as needed for your discomfort.
- You may apply ice to your leg.
- Please do not apply heat, such as a heating pad to your leg.
- You **must** return to our office for a **post-op ultrasound** at the following intervals: **1 week, 4 weeks, and 6 months.**

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