

PRE-OPERATIVE INSTRUCTIONS

Laser and/or Phlebectomy

Patient Name: _____

Date: _____

The office will call a week before with the time for the procedure

Any questions please call the office at (732)663-1123 and ask for: **Alysse or Taylor**

Endovenous Laser Ablation / Phlebectomy / Sclerotherapy

You are scheduled to undergo an Endovenous Laser Procedure/ Phlebectomy/ and/or Sclerotherapy to treat your varicose veins. This procedure should take approximately 1 hour and will be performed in our Vein and Vascular Lab located at:

**1900 Corlies Avenue
4th Floor
Neptune, NJ 07753**

The procedure time is approximately one hour, but be prepared to be in the office for up to 2 hours. 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.

Please arrange for someone to drive you to and from our office the day of the procedure.

You will not be permitted to drive until the day after your procedure. Please provide the office staff with the name and a cell phone number where they can reach your driver if they are not waiting with you the entire time.

******Please hydrate well TWO DAYS prior to your procedure. Drink PLENTY of water.******

Do not come to the office on an empty stomach. You will not be having general anesthesia. We encourage you to have a small meal 1 to 2 hours prior to arriving at the office. You will be receiving a local anesthetic.

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 bring thigh-high compression stocking, as you are required to wear them for two weeks after 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.

Do not shave your legs the day of the procedure, however, some shaving may be done by the physician during your procedure.

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What to expect after your procedure:

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.

You may have slight discomfort following your procedure.

Please resume normal activities. Walking twice daily for 20 minutes is encouraged and promotes healing; however, please avoid strenuous exercise for 1-2 weeks following your procedure.

Elevate your legs at least 3 times daily for 5-10 minutes.

Avoid prolonged sitting or standing for 1 week.

Please refrain from swimming, using a hot tub, or taking a hot bath for 1 week following your procedure. You may shower after the first 12-24 hours and clean the treated leg, but try to avoid submerging the leg in water.

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 sclerotherapy.

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.

Please call our office with any questions or concerns.

If you are having extreme discomfort or bleeding following your procedure, notify the office immediately at 732-663-1123.

***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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- Please notify us if you are pregnant, breastfeeding, or on oral contraceptives. You cannot receive sclerotherapy if you are pregnant or breastfeeding.
- You **MUST** bring your thigh-high or full waist compression stockings (20mmHg-30mmHg) with you on the day of your procedure.
- Please do not put any cream or lotion on your legs on the day of your procedure.
- This is a very safe treatment. However, the response 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 pain 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.
- 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.

We look forward to seeing you.

Please call our office at 732-663-1123 if you have any questions or concerns.