



# VEIN CENTER OF VENTURA

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168 N. Brent St., #508  
Ventura, CA 93003

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## **Endovenous Laser Ablation and/or Micro-Phlebectomy Instructions for Before and After Your Procedure**

If you are on anti-coagulants, blood thinners (e.g.: Coumadin, Aspirin and Plavix) please notify us immediately so we can speak with your primary Doctor and determine a course of action.

**You will need to obtain a compression stocking prior to your procedure.** We carry a line of stockings which meets most people's needs. If your insurance provides coverage for stockings or you have a non standard size, we will provide you with a stocking prescription. In this case, we recommend Althea's for assistance with the proper fit. They can also assist you in obtaining insurance coverage if it is available. **You must bring your compression stocking to your procedure appointment. If you do not have your stocking when you arrive for your procedure you will be required to purchase one at the Vein Center.**

Because of the oral sedative and local anesthetic you will not be able to drive home following the procedure. **Please arrange for someone to drive you home.** You will be in the office approximately 2 hours. 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. **Take your oral sedative (1mg. Xanax) thirty minutes before your appointment time.**

When you leave the office you will have a dressing on your leg covered by compression stocking. You will keep this dressing and your stocking on for 48 hours. ***The dressing must stay dry.*** We recommend sponge baths until your dressing is removed. You may have several areas on your dressing where blood has soaked through. Some bleeding and oozing is normal. ***Do not be alarmed.*** If any bleeding persists apply direct pressure, elevate your leg and call the office.

After 48 hours you may take off your stocking and remove the dressing by unwrapping it. When the dressing is removed ***you may notice some bruising. This is normal.*** There may be steri-strips covering any small incisions where varicose veins were removed. If there is any irritation from the steri-strips they may be removed immediately, otherwise they will loosen and fall off on their own. After removing your dressing you may shower normally. You will ***continue wearing your compression stocking*** during the day (removing at bedtime) for 2 weeks. During this time do not soak in the tub or use a Jacuzzi or sauna. You may feel hard, lumpy areas where the veins are closed for weeks to months after the procedure. The closed veins will slowly dissolve away.

We would like you to ***keep moving*** and maintain a normal level of activity. Taking a 20-minute (minimum) walk on the day of your procedure, and twice daily for the next two weeks is essential. This will promote the healing process and help prevent deep vein clots. We expect you to be able to resume most of your pre-procedure activities including work the following day, if necessary. ***Avoid*** prolonged sitting or standing for the first week and elevate your legs at least 3 times daily for 5-10 minutes. Also avoid strenuous exercise such as aerobics, weight training, or running for 2 weeks.

You may have some discomfort following surgery. Tenderness in and around the area where veins are removed is to be expected. Walking will help to alleviate the discomfort. An over the counter anti-inflammatory medicine; ibuprofen (e.g.: Motrin, Advil) or naproxen (e.g.: Aleve) can be taken every 6-8 hours for the first week to minimize discomfort. These medications may be best tolerated if taken with meals. We can prescribe stronger pain medicine to be used as needed. *If you are having extreme discomfort please notify the office.*

*Bring your compression stocking to all appointments.* Please feel free to call the office if you have any questions.

Procedure Appointment: \_\_\_\_\_

Return appointment: \_\_\_\_\_

Special instructions: \_\_\_\_\_

*Please remember that you will be charged a \$50.00 cancellation fee for no-shows and cancellations within 24 hours of scheduled procedure appointment. If you cannot make your appointment, please call our office ahead of time. We are happy to reschedule you to a day and time that works best for you.*

*Thank you!*