

PROCEDURE INSTRUCTIONS
PLEASE BRING THIS SHEET
TO YOUR APPOINTMENT
206-525-VEIN (8346)

Your procedure is scheduled with Dr. _____

Please arrive at the facility at _____ on _____

The EVLT/RFA procedure you are having will be performed on the:
Left or Right **Greater Saphenous Vein** AND Left or Right **Lesser Saphenous Vein**

You are also having the following procedure:
Left or Right **Microphlebectomy**

BEFORE YOUR PROCEDURE:

Day Before:

1. Start taking antibiotic prescribed per pharmacy instructions.

Night Before:

1. If you are having the microphlebectomy procedure, shave over the bulging veins.
2. Do not apply any lotion or moisturizers to the operative leg.

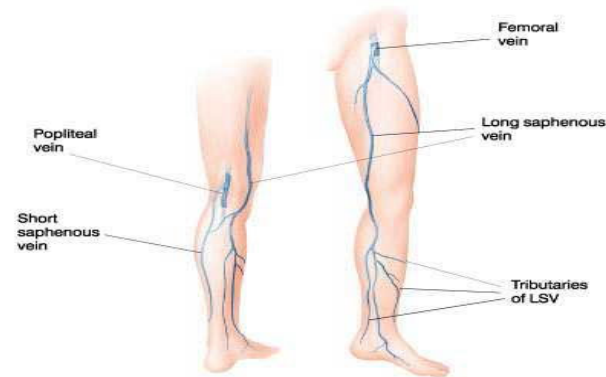
Day of Procedure:

1. Shower, as you will not be permitted to do so for 3 days following the procedure.
2. EMLA cream is a topical numbing medication that is prescribed to you. If you choose to use it, you will need to apply the cream 2 hours prior to your arrival time. It should be applied as a **thin film** but not rubbed in. You should wear gloves and/or a plastic bag when applying the cream to prevent your hands from becoming numb.

3. -For the Greater (long) Saphenous Vein treatment: apply the cream in a 3-inch wide film to the inner leg from ankle to the upper groin.

-For the Lesser (short) Saphenous Vein: apply the cream in a 3-inch film to the middle of your calf from the ankle to knee.

-If you are also having a Microphlebectomy (removing sections of the veins): apply the cream on top of the bulging veins.



4. Wrap the leg wherever the EMLA cream was applied with plastic (saran) wrap.
5. You may have a light meal prior to your procedure. Do not drink any caffeinated drinks, including coffee, tea, or soda, before the procedure.
6. Wear loose, comfortable clothing to your appointment.
7. You will need a driver after the procedure due to the prescribed sedative. If you do not have a ride, a taxi will be called at your expense.
8. Please bring your prescribed sedative (Xanax or Valium) to the facility. Do not take until instructed to by staff.
9. You **MUST** bring your prescribed compression hose with you in order for the procedure to be performed.

PROCEDURE INSTRUCTIONS

PLEASE BRING THIS SHEET TO YOUR APPOINTMENT

WHEN YOU ARRIVE:

1. The staff will go over the consent forms. After all questions are answered and forms signed, you will be able to take the prescribed anti-anxiety medication.
2. You will briefly meet with your physician. The staff will then prep you for the sterile procedure. We will have music playing in the background. Feel free to bring your own headset with music if you would like.

AFTER YOUR PROCEDURE:

1. You will need to take a 20-minute walk immediately following your procedure. Please make sure your driver is with you for your own safety.
2. You will need to wear the compression hose continuously for 2 days. During this time, please take sponge baths instead of showers.
3. If a COBAN wrap was applied, remove this dressing (outer wrap) when you go to bed tomorrow night.
4. On the THIRD day, remove compression hose, tape, and gauze and then shower. While in the shower, gently remove the steri-strips (small, brown, tape bandages). This should all be removed before your follow-up venous ultrasound appointment later that day. After your shower, put on your compression hose.
5. Continue to wear the compression hose for the **next 2 weeks** during the day. Feel free to remove them at night.
6. Significant bruising of your legs and even your groin area will most likely occur.
7. You may experience a "pulled muscle" sensation 3-7 days after the procedure. This may be uncomfortable and cause increased pain. This is a normal part of the healing process of the treated area and will pass. This discomfort may last 3-4 weeks before being completely gone. Many patients find that wearing their compression hose during the active part of the day helps limit their discomfort.
8. Inflammation is a normal reaction to the procedure and may cause discomfort. To reduce the potential discomfort, it is recommended to start taking an anti-inflammatory medication right after the procedure. These medications are most effective if taken for 7 to 10 days. Do not exceed 10 days as they can cause an upset stomach. If an upset stomach occurs before the 10 days, stop taking the medication. If your discomfort persists after 10 days and prevents you from returning to work, or performing normal activity, please contact us.

*Do not take the below medications on an empty stomach.

Brand Name	Generic Name	Dose	Instructions
Motrin/Advil	Ibuprofen	200mg	Take 3-4 tablets 3 times a day for 7-10 days
Aleve	Naproxen Sodium	200mg	Take 2 tablets 2 times a day for 7-10 days

If you are unable to take anti-inflammatories you can take Tylenol for relief.

Brand Name	Generic Name	Dose	Instructions
Tylenol	Acetomenophin	325mg	Take 2-3 tablets 3 times a day

*Do not take Tylenol if you are also taking Vicodin (Acetaminophen and Hydrocodone).

9. Make sure to wear a strong sunscreen for several months whenever you are in the sun to reduce any skin discoloration.
10. Arnica Gel is an over the counter naturopathic treatment for burising and soreness. Many of our patients have found this is to be soothing after treatment. This may be purchased over the counter at a health food or drug store.

For after-hours emergent needs, please phone 206-368-1744, and ask to speak with the on-call Interventional Radiologist.

- Your appointment for the **follow-up venous ultrasound** is scheduled for _____ at _____ . You *will not* be seeing the physician on this day.
- Your **final follow-up appointment with Dr.** _____ will be on _____ at _____ .