

## Endovenous Laser/ VNUS Closure Therapy & Phlebectomy Pre-Operative Instructions

### MEDICATIONS

- Are you taking Coumadin or other blood thinners? If yes, please inform the staff when scheduling this procedure. You may need to contact your cardiologist or primary care physician to get permission to stop taking the Coumadin for five days prior to the procedure. **DO NOT STOP TAKING MEDICATION WITHOUT YOUR DOCTOR'S APPROVAL.**
- Are you taking Aspirin, Advil, Motrin, Ibuprofen or any arthritis medications? Be sure to alert staff when scheduling your appointment.
- You may be given a prescription for Xanax when scheduling your procedure.

### ALLERGIES

It is IMPORTANT to ALERT the staff if you are allergic to:

- Lidocaine or Novocaine
- Latex, Betadine or Alcohol

### PRIOR TO YOUR PROCEDURE

- You **MUST HAVE YOUR STOCKINGS** with you the day of the procedure or you will have to purchase another pair.
- Please **DO NOT** apply any lotions to your leg.
- You **MUST HAVE SOMEONE DRIVE YOU** to and from the procedure.

### MOST FREQUENTLY ASKED QUESTIONS

- Q:** How long does the procedure take?
- A:** You should plan on being in our office from start to finish for about 2 1/2 to 3 hours.
- Q:** Is the procedure painful?
- A:** Some temporary discomfort may be associated with the administration of the local anesthetic.
- Q:** How quickly after treatment will I be able to return to normal activities?
- A:** Most patients resume normal activities immediately. We encourage walking and discourage being sedentary. Please refrain from any strenuous activities (i.e. heavy lifting, prolonged standing).
- Q:** How soon after treatment will my symptoms improve?
- A:** Most patients report a noticeable improvement in their symptoms within 1-2 weeks.
- Q:** Is there any scarring, bruising or swelling after the procedure?
- A:** Patients report mild bruising and minimal-to-no scarring or swelling following the procedure.