

## Instructions for Treatment of Varicose Veins

Treatment types for varicose veins include: Radiofrequency (RF) Ablation Therapy, Ambulatory (Stab) Phlebectomy, and Ultrasound Guided Foam Sclerotherapy.

### Preparation Instructions Before Treatment

- Please arrive 20 minutes prior to your appointment time.
- Take a shower and wash your leg(s) with antibacterial soap (Dial or other brand) on the morning of your procedure.
- Do not shave or use lotion on your leg(s) to be treated 24 hours prior to the procedure to minimize irritation to the skin.
- Wear loose fitting shorts, or very loose pants that you can pull on over the leg bandage that will be placed on after the procedure.
- Please bring or wear a pair of walking shoes with you to your appointment. You will walk for 20 minutes after the procedure.
- **Please bring your prescription Class II thigh high compression stockings (20-30mmHg) with you on the day of the procedure. Your procedure cannot be done without these.**
- You may have a light breakfast the morning of your procedure, including water or juice, however, please **DO NOT** consume caffeine the morning of your procedure or you will need to be rescheduled.
- If you are taking **Aspirin** or **Plavix**, please take your medication as usual. If you are taking **Coumadin, Warfarin, Pradaxa, Xarelto, or Eliquis**, please call the office at 480.747.6532, Ext 132 for specific instructions about holding your medication.
- **It is required that you have someone with you to drive you home.**
- Please review the Patient Informed Consent form and bring it with you. We will review it again and ask you to sign it just before the procedure.

## What to Expect After Treatment

- You should be able to return to work a day or two after the procedure.
- Until we recheck your leg 7-10 days following your procedure, you should wear your compression hose continuously. This includes sleep and shower (a hair dryer can be used to dry the hose after showering). Do not shower the evening of the procedure.
- After we recheck your leg, you will need to wear your compression hose for the next 7 days during the day only.
- **A sensation of tightness in the thigh of the treated leg is common. This usually goes away in 7-14 days.**
- If you have minor discomfort, Tylenol or Ibuprofen may be taken as directed.
- **For the next 7 days, while you are sitting for long periods** (such as reading or watching television), **please keep your treated leg elevated, as much as possible.** You will have better results if you keep your ankle higher than your heart.
- Please refrain from lifting anything over 15 pounds for 4 weeks.
- Please refrain from high impact exercise (i.e., aerobics, running) for 4 weeks.
- Please refrain from using a hot tub or sauna for the first week after treatment.
- Please refrain from long (2 hours or more) plane trips or car rides for 4 weeks.
- During the first 2 weeks after the procedure, we recommend you exercise by continuing your normal walking regimen. After 2 weeks you may increase your exercise to include biking, swimming, and other low impact exercise.

### **Important**

- As with any invasive procedures, problems can develop. If you develop an acute fever (more than 100 F or 38 C) or severe or worsening pain/swelling, please call our office immediately.
- It is important that you know and understand your insurance company's guidelines regarding coverage of this procedure. If you have any questions regarding this, please contact your insurance company directly.

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- **If you have any questions, please call your doctor's office** at 480-747-6532, or visit their website at [www.cvscottsdale.com](http://www.cvscottsdale.com) or contact the surgery center at 480-506-0484 or visit our website at [epicsurgerycenteraz.com](http://epicsurgerycenteraz.com).