



## Minimally Invasive Therapy Specialists

### PRE AND POST VARICOSE VEIN TREATMENT PATIENT INSTRUCTIONS

#### BEFORE YOUR VEIN PROCEDURE:

1. Stop taking all blood thinners (Coumadin, Plavix, Aspirin) 3 days prior to the procedure.
2. Eat lightly the day of your procedure.
3. Shower before your procedure, as you will not be permitted to shower after the procedure for 24 hours.
4. Prior to your appointment, please shave the operative leg as well as 1-2 inches in the pubic area on that side.
5. Do not apply any type of moisturizer to your leg on the day of your procedure.
6. Wear loose fitting clothes.
7. Be sure you have obtained a pair of prescription strength compression stockings before arriving to the office for your procedure. Bring them along the day of the procedure.
8. Take prescribed medicine as directed. You will need a driver to bring you to the office and take you home.

#### FOLLOWING YOUR VEIN PROCEDURE

1. Leave the compression hose in place.
2. The day of surgery-Resume activities of daily living. Do not drive for 24 hours—or longer if taking pain medication.
3. Take your prescribed medications.
4. When at home following surgery, keep the leg elevated while sitting. You will experience bruising.
5. Leave steri-strips in place until they begin to curl, then they can be removed. Do not remove them sooner.
6. Wear the compression hose daily for the first week. You only need to wear them to bed the first evening.
7. You may shower after 24 hours. Do not take a tub bath until the steri-strips are removed.
8. No strenuous exercise for 7 days.
9. You will be given a follow-up appointment for an ultrasound in 1 week. You will also be given an appointment with the doctor in 2-3 weeks' post procedure.