

Alabama Vein & Restoration Medspa

ENDOVENOUS SAPHENOUS VEIN ABLATION

WITH 1320 PULSED WAVE LASER

PREOPERATIVE PATIENT INSTRUCTIONS

These instructions are to prepare you for the saphenous vein laser ablation procedure to treat the primary cause of abnormal leg vein circulation. If you will read these instructions carefully, you will understand better how to be prepared for your procedure. You may call our office at any time to ask questions. We look forward to providing for you a comfortable experience.

Before the operation:

1. Your procedure will be performed in our vein center, and you may arrive at the designated time given to you. Please allow time for possible traffic delays.
2. Our nurses and anesthesia team will provide for you an intravenous sedative which will allow you to rest comfortably and sleep throughout the procedure. You are conscious and will breathe on your own, no airway tubes are required, but you will not feel pain or be uncomfortable.
3. Please take your usual morning medications with a small sip of water.
4. **Nothing to eat or drink after midnight, this includes mints or gum.**
5. Please shave your leg to be treated from groin to ankle.
6. If you are taking one of the anticoagulation medications (xarelto, Coumadin, eliquis, aspirin, Plavix, or similar medicine), you will be advised specifically regarding whether you should continue the medication and if not, how early the anticoagulant should be discontinued. In each instance, your doctor will advise you carefully.
7. Females under the age of 50 will need to provide a urine sample upon arriving to the office.
8. Please inform our nursing, anesthesia, and physician staff of any and all medication allergies.
9. Although we will already have a list of your medications, if you will simply bring a new written list of your medicines on the day of surgery including, herbal supplements and vitamins, we often find this to be very helpful.
10. You will need to purchase compression hose on the day of your surgery if you have not already purchased them. Thigh high compression hose are \$93 and pantyhose compression hose are \$112. We have available the highest quality compression hose and stockings.
11. Bring loose clothing with you so that you will have something easy to wear going home.
12. Of course you will need a family member or friend to drive you home. Your sedation will be such that driving a vehicle is too hazardous and is not allowed by medical criteria or by state law.

13. Your vein ablation procedure is performed in very modern Alabama Vein Center operating rooms. You are carefully monitored to protect your safety. You will rest comfortably during your procedure. If you wish to have spider veins injected, you may feel a few minor needle sticks at the conclusion of the procedure. You also may feel itching and burning for up to 30 minutes after your operation is over. This is caused by the injection sclerosant solution and will go completely away.
14. Many times bulging and ropy varicose veins will be removed with very small micro-punctures. Small steri-strips will be placed over the micro-puncture sites, no sutures are placed at these sites. You will simply leave these steri-strips in place and may shower over your leg. These small steri-strip band-aids will sometimes roll off, if not we will remove them when you return for your follow up examination.
15. Before going home, you will receive your compression stockings which you will begin to wear the morning after surgery.
16. You also will receive a prescription for pain medication. This prescription is a narcotic and you may choose not to have this filled. Simple Ibuprofen if taken several times a day will relieve your discomfort most of the time. You also may be prepared to apply an ice pack in the morning and a heat application in the evening to minimize any discomfort. You will find that the second week after your procedure is often associated with a little more tenderness in the inside of your thigh. This is simply due to the increased inflammation and is part of the normal healing process. Please continue to take the Ibuprofen until you no longer are having discomfort.
17. You will get a call from the nurse the day after surgery to check on you. If at any time you have any questions, please feel free to call our nursing staff or our doctor. The cellular telephone numbers will be provided for you and you may call the doctor at any time day or night. The telephone numbers are listed below for your easy access.

Alabama Vein & Restoration Medspa	(205) 823-0151
Tuscaloosa, Alabama office	(205) 561-5362
Prattville, Alabama office	(334) 819-5164
Toll Free Phone Number	(877) 268-VEIN
Dr. Hunt (Cell Phone)	(901) 482-9739
Sylvia Eldridge, PA-C (Cell Phone)	(205) 515-7182