PREPARING FOR YOUR PROCEDURE

You will receive two prescriptions in the mail. These prescriptions are for the day of your procedure.

- sedative such as Valium or Ativan
- antibiotic

If you do not receive these prescriptions, promptly call us at 781-438-8117. These prescriptions are to be filled immediately after you receive them.

Depending on the procedure you will have, your veins may need to be marked, by ultrasound, prior to the procedure. NOT ALL PATIENTS REQUIRE A MARKING. The marking takes approximately 15-30 minutes. No dyes or needles are involved and the procedure is painless. The technician will mark your leg at specific sites with a marking pen. These markings should not be washed off until the procedure. The marking will be done at a Mass General Vein Care lab 1-2 days prior to the procedure. Our office will inform you of your scheduled time.

It’s expected that you will shave the leg to be operated on one day prior to the procedure over the areas of varicose veins. If you are unsure about where to shave, please call the office and ask to speak with a medical assistant.

If you have a change in your health before the procedure, please contact the office immediately. This includes cold symptoms, cough, urinary tract infection, fever, or flu-like symptoms.

Please obtain your compression stockings prior to procedure, make sure they are comfortable and take them with you on the day of the procedure.

Please avoid Aspirin or Ibuprofen products (Motrin, Aleve, etc.), fish Oil and Vitamin E for one week before the procedure to reduce bruising. Do not take minocycline for 1 month prior to sclerotherapy injections. Check with your doctor if you feel you should continue with these for other medical reasons. If you need to take a pain reliever, Acetaminophen (Tylenol) is permitted.
THE DAY OF YOUR SURGERY

DIET INSTRUCTIONS
*You may eat breakfast and/or lunch (depending on the time your procedure is scheduled) without restrictions. If you are diabetic, please eat normal meals and take your normal dose of insulin or oral medication on the day of the procedure. If you take insulin, check with your physician regarding the dosage, if any, on the day of the procedure.

MEDICATIONS
*Take your usual morning medications
*Prior to leaving the house on the day of your procedure, please take the antibiotic
*BRING BOTTLE WITH THE SEDATIVE TABLETS WITH YOU TO THE OFFICE. After you sign the consent form, we will have you take one of the valium tablets. You do need a designated driver to drive you to and from the procedure.

WHAT TO PACK
*Bring a book or magazine to read before you go into the procedure. You can bring an IPod, IPad or book into the procedure room. We will have music on but if you bring you IPod or phone we can play your preferred music.
*The sedative tablets
*The contact name and number of your escort
*Your compression stocking

HOW TO DRESS
*Please wear loose, comfortable clothing and shoes. Your leg will be bandaged with dressings and a compression stocking following the procedure. (No skinny jeans or high heels please).

POST PROCEDURE INSTRUCTIONS
You may alternate Ibuprofen and Acetaminophen every 3-4 hours immediately following the procedure as needed for any discomfort. Anti-inflammatory agents, such as Motrin, Advil, Aleve, and generic Ibuprofen work best to alleviate discomfort following the procedure. You should take a dose of 400-600 mg of Motrin or Advil with each meal for two days following the procedure. Then you should STOP taking the Ibuprofen around the clock and only take it as needed for discomfort. Remember to ALWAYS take Ibuprofen with meals as it can cause stomach upset. IF THERE IS ANY REASON THAT YOU CAN NOT TAKE MOTRIN OR ADVIL, SPEAK WITH YOUR SURGEON PRIOR TO THE PROCEDURE.

Your stocking will be placed on you by us after your procedure. DO NOT remove this stocking until your post op appointment 1-2 days after your procedure. You may shower any time after this appointment but will need to wear the stocking all day during waking hours only for a total of two weeks. You may remove at night when you sleep.

ACTIVITY FOLLOWING THE PROCEDURE
You are encouraged to walk every hour after the procedure. When you go to bed you do not have to continue to walk every hour. You may stay asleep. When you are not walking, please elevate your leg and ice
intermittently. For the first few days after the procedure, you should avoid prolonged standing without frequent walking. You may climb stairs as needed immediately after the procedure.

Resume normal activities the following day. **Walking** (at least one time per hour), **elevation** and **ice** are strongly encouraged post procedure.

Apply ice to any sore areas over the bandages as needed for the first few days.

Gentle leg stretching can help in the first 1-2 weeks after ablation procedures.

**IF YOU ARE WRAPPED IN AN ACE BANDAGE OVER YOUR COMPRESSION STOCKING ON THE DAY OF YOUR PROCEDURE, PLEASE REMOVE BEFORE YOU GO TO BED THAT NIGHT IF YOU HAVE NOT ALREADY DONE SO.** This ace bandage is put on for extra compression immediately following your procedure with the intention of removal after a few hours (or before).

You may resume driving when you are comfortable enough to drive safely. You should not drive if you are taking pain medication. You may climb stairs as needed immediately after surgery. You may resume exercise such as aerobics, running, tennis or weight lifting approximately as tolerated. We recommend you start slowly and proceed as tolerated.

* Please refer to the procedure consent form for possible adverse events or complications which may require contact with a health care provider.

**DRESSING / WOUND CARE**

You will need to keep your incisions dry for 2-3 days. Your compression stocking will be placed on your leg immediately following the procedure and you will be asked to continue to wear the stocking until you come back into the office for a bandage change (approximately 1-2 days post procedure). You may shower anytime after that appointment.

You will then be advised to continue to wear the compression stockings for one to two weeks (during the waking hours only) or until your leg feels comfortable without them. The steri-strips will fall off on their own in the first week, or you may remove them if they stay longer.

After surgery you can expect bruising, swelling and hard knots on your leg(s). As your body heals the bruising will fade and the swelling and knots will subside slowly by themselves.

**FOLLOW-UP**
You will return to the office 1-2 days after your procedure for a dressing change and examination; the office staff will review post-procedure instructions and answer any questions you may have at that time. If you have had an endovenous ablation, you will also have an ultrasound at this appointment.

You will be asked to schedule an appointment for approximately 3-6 months and again at one year to follow up with the physician. This is also a good time to check in with your surgeon about any other questions or concerns you may have.

**RETURN TO WORK**

The average time off work varies from a few days to one week. This may vary depending on how extensive your procedure is and the nature of your work. If, after the procedure, you identify that you need a little extra time to recover, please call our office to discuss this with us. If your work and your employer require paperwork to return to work, please contact our office to arrange this. We will complete a disability form at no charge. Please allow five working days for disability forms to be completed.

**TRAVEL**

Do not fly in an airplane for 1-2 weeks following the procedure. If you have a long car trip planned 1-3 weeks post procedure, you will be asked to stop and walk for a few minutes every hour.

***Please don’t hesitate to call the office with any questions, concerns or if you need to cancel / reschedule any appointments***