

The following information will help you better prepare for your Endovenous Ablation procedure. Should you have any questions after reading this material, please call our office. It is important that you feel informed and sufficiently prepared.

## **PRIOR TO YOUR APPOINTMENT**

- If you are taking any prescription blood-thinning agents such as Coumadin, you will need to stop taking the medication a few days before your procedure. Speak with your primary care provider regarding when to temporarily discontinue your medication.
- Please fill the prescription for compression stockings and/or anti-anxiety medications (if you elect to take them) prior to your procedure appointment. (NOTE: stockings must usually be ordered. Please inquire early to allow time for them to arrive. A compression stocking info sheet is included in this packet.)

## **WHAT TO EXPECT THE DAY OF THE PROCEDURE**

- You may eat, drink, and have a "normal" day prior to your procedure because only local anesthesia is used.
- If you elect to take prescribed medications for your procedure, you'll be instructed to arrive 45 minutes prior to the appointment start time. Refer to the appointment card for your check-in time at which time you will take the medication. Please arrange for a ride home after the procedure.
- Please bring your prescription compression stockings to the office. (You don't need to wear them to the office before your appointment.)
- Be prepared to walk immediately following your procedure.

## **POST-PROCEDURE INSTRUCTIONS**

- It is important that you walk for 20 minutes immediately following the procedure. Then walk every hour for 10-15 minutes over the next several days during your waking hours. You may sleep through the night. If, however, you do wake during the night, take a brief walk.
- Elevate your leg when sitting down in between your walks and daily activities.
- No air travel for five to seven days after the procedure. If traveling by car for more than two hours, stop and walk for 10-15 minutes halfway through the trip; stop and walk every hour on longer trips.
- Wear compression stockings or ace bandages continuously for 48-72 hours (72 hours is preferred).
- After the first 48 – 72 hours, wear compression stockings or ace bandages during the day for 2 weeks minimum, and up to 6 weeks for best results.
- No hot tubs or hot baths for one week after the procedure.
- Resume your daily activity; movement is recommended. You may walk as much as you like. You should refrain; however, from vigorous workouts for the first week after the procedure.
- If your daily activity requires heavy lifting, climbing, air travel, or prolonged periods of sitting or standing, please make arrangements to reduce your responsibilities or take a few days off after your procedure.
- Unless an anti-inflammatory prescription was prescribed by your doctor, take 400-600 mg of ibuprofen, 3 times a day for the equivalent of 5 days following your procedure.
- When prescription pain or anti-inflammatory medication is no longer required, Tylenol and/or Ibuprofen may be taken as needed for discomfort. Take as directed.
- Call our office at (541) 282-6680 if pain is more than you can tolerate with ibuprofen or Tylenol.
- You may return to work when you feel able. If you have complications or feel you may need a day or two off from work, ask your physician for a work release.