

## **BEFORE YOUR PROCEDURE**

If you are taking any prescription blood-thinning agents such as Coumadin, Plavix, etc, be sure to discuss the medication you are taking with your surgeon so he can advise you on when to stop taking it prior to the procedure date.

Please fill the prescriptions for medications and compression stockings prior to your procedure. Although you will not wear your compression stockings during the first 72 hours, you will need to have them on hand for the remainder of time prescribed for compression.

Please note you must arrange for a friend or family member to drive you home after the procedure.

## **DAY OF THE PROCEDURE:**

Your appointment time has been scheduled for 45 minutes before your actual procedure time. This allows us to complete paperwork, answer questions you may have and to prepare you for the procedure. Please remember to bring medications you have been prescribed.

The procedure time varies per patient but usually lasts no longer than 90 min. This will include wrapping your legs in ace bandages to help with swelling.

## **AFTER THE PROCEDURE**

### **The first 72 hours:**

Wear ace bandages continuously.

It is important to keep your legs elevated whenever sitting or lying for the first two weeks, and especially the first 72 hours. This will help minimize swelling which can cause your legs to throb.

Walk for at least 10-15 minutes every 1-2 hours while awake to prevent blood clots.

An anti-inflammatory such as Indomethacin may be prescribed by your doctor. If so, take as directed for pain. Otherwise, ibuprofen may be taken as needed for pain. Follow instructions on the label.

Keep your diet light. There are no food restrictions, but be sure to get enough fluid without caffeine.

Arrange for a family member or a friend to help you run errands or do household chores.

Constipation may occur if you are taking pain medication. You may take a stool softener, such as Colace or drink prune juice to help. If you have severe constipation, you may need a dose of Milk of Magnesium. Take as directed on the bottle.

Nausea may occur. Be sure to take your pain and/or anti-inflammatory medication on a full stomach. Stick to a soft, bland diet for the first day or so after the procedure.

Over...

***After the first 72 hours:***

You may shower 72 hours after the procedure. Remove the ace bandages and gauze.

Leave the sterile-strips on your incisions until they fall off on their own (in approximately 7-10 days) after the procedure.

Wear the compression stockings throughout the day until bruising resolves, according to your doctor's instructions. This is usually for 2-3 weeks post procedure.

Continue to elevate your legs whenever sitting or lying for the first two weeks.

It is important to walk for 10-15 minutes every 1-2 hours the first 2 weeks during your waking hours to prevent blood clots.

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 on the bottle.

You may return to work when you feel able. This is usually 1-3 weeks after the procedure, and depends on the amount of swelling you have, as well as the type of work you do.

**THINGS TO AVOID:**

NO hot tubs or soaking in a hot bath for at least 1 full week after the procedure.

NO vigorous activity for the first 1-2 weeks after the procedure.

Traveling long distances by car or air-plane should be avoided the first 5-7 days after the procedure. If traveling for more than 2 hours, stop and walk for 15-20 minutes every hour.