



## **ENDOVENOUS ABLATION – Pre-Procedure Instructions**

*Please read this carefully and call us with any questions.*

### **Transportation:**

As you will be receiving a local anesthetic/and an oral sedative during surgery, you will not be able to drive home following the procedure. Please arrange for someone to drive you home. You will be in the office approximately 2 hours, with the actual procedure taking only about 1 hour.

### **Patient preparation:**

- Do not take any aspirin products for 4 days prior to having the procedure. If you are on blood thinners (coumadin, plavix or Vitamin E) please notify us immediately so we can contact your primary physician to determine a course of action.
- Do not come to the office on an empty stomach, as you will not be having general anesthesia. Rather, we encourage you to have a small meal 1 to 2 hours prior to arriving at the office.
- Please bring prescribed Valium and Percocet with you to the procedure.
- Please wear sweatpants or other very loose pants to accommodate the ace bandage. You will have an ace bandage in place when you leave the office.
- You may have some discomfort following surgery. Some patients find it helpful to take a day or two off from work, although we expect you will be able to resume all your normal activities (including work) the following day, if necessary. We will provide a prescription for pain medicine to be used as needed. If you are having extreme discomfort or bleeding notify the office immediately

### **Key reminders:**

- Wear loose fitting pants the day of procedure.
- Don't bring compression hose day of procedure
- Take prescribed medication upon arrival to the office - day of procedure.

### **Patient post-procedure activity:**

- We would like you to continue to keep moving as much as possible, maintaining a normal level of activity.  
*For example, walking twice daily for 20 minutes is encouraged and promotes quick healing.*
- An appointment will be made for a follow-up ultrasound a few days after the ablation procedure. Allow 30-minutes for this examination.

***We welcome your call if you have any questions: 978-922-8346***

Please review the Post-Ablation Instructions on the following page.



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### **Following the ablation procedure:**

- You will have an ace bandage in place when you leave the office. Wear it for a full day following the procedure, then you may shower.
- You will have a 4x4 dressing and a gauze wrap that you may remove at your first shower. Then put on the compression hose after showering.
- Remove the hose at bedtime. Then wear it for the next ten days, removing it at bedtime each day.
- You may have some discomfort following surgery. We will provide a prescription for pain medicine to be used as needed. If you are having extreme discomfort or bleeding notify the office immediately.

### **Patient post-procedure activity:**

- We would like you to continue to keep moving as much as possible, maintaining a normal level of activity.
- For example, walking twice daily for 20 minutes is encouraged and promotes rapid healing.
- Several days after the procedure you may experience some inflammation on the inner aspect of your thigh. This inflammation is part of the healing process and is to be expected. Walking and taking pain medication as prescribed will help to alleviate the discomfort.
- Avoid prolonged sitting or standing in the same place for the first week, and elevate your legs at least 3 times a day, for 5 to 10 minutes.
- We expect you to be able to resume all your normal activities (including work) the following day, if necessary. Some patients find it helpful to take a day or two off from work. However, avoid strenuous exercise such as aerobics, weight training, or running for 10 days.
- We will re-examine your progress at an office appointment in 2 or 3 days following the procedure with an ultrasound exam. Please allow 30 minutes for this exam.
- A VI physician will see you again in 2 to 3 weeks after the procedure.

### **Postoperative instructions:**

Pain Medicine as needed: \_\_\_\_\_

Follow-Up Ultrasound: \_\_\_\_\_

Follow-up Office visit: \_\_\_\_\_

***Again, we welcome your call if you have any questions: 978-922-8346***