

If you have any questions, please call our clinical team **720-772-8040**.

Pre Vein Surgery Instructions:

1. If prescribed VALIUM medication you need to arrange for a ride home after surgery, we will NOT permit you to drive yourself if you will have taken this medication.
2. Shower before your visit, as you will not be permitted to show until 24 hours after the procedure.
3. All patients should shave the entire operative leg as well as 2 inches into the pubic area.
4. Refrain from using moisturizers / lotions on the day of treatment.
5. Wear loose fitting clothing and slip on shoes. Do not wear light colored pants, as you may have marker on your leg and it may rub off on your clothing.
6. Be sure to eat breakfast and be well hydrated the night before and day of procedure
7. Do not consume caffeinated or decaffeinated beverages on the day of surgery until after the procedure.
8. Do not take your diuretic medication day of procedure.

Post Vein Surgery Instructions:

1. If local area anesthesia is used it may last for approximately 1-2 hours after the procedure is over.
2. Do not travel on an airplane for 1 week following your procedure.
3. You may experience mild discomfort after the anesthesia wears off. Most patients experience the greatest discomfort within the first week after the procedure as the treated vein begins to contract. This is generally described as a pulling sensation with tenderness along the treated vein.
4. It is encouraged that you begin taking an anti-inflammatory medication (Ibuprofen 400mg) on the day of surgery and continue to take it 3 times a day for the next 7 days. This medication is recommended whether or not you feel pain, as it is very important to control the inflammatory process. Take this medication with food.
5. After your procedure, you will have a dressing on your leg. Do not get the dressing wet. You may remove the dressing in 24 hours as instructed. After that you should continue to wear the compression stocking during the daytime ONLY for the next 7 to 14 days (depending on the type of procedure) removing it only to shower and sleep.
6. Limit your activities and keep your leg elevated during the first 24-48 hours; however it is important to get up and walk. After 48 hours, we expect you to resume nearly all of your pre-procedure activities, including work. It is important to keep moving and maintain a normal activity level which will help with your healing and discomfort. It is recommended that you walk a minimum of 5-10 minutes, 2-3 times every day.
7. Avoid strenuous exercise such as aerobics, weight training, bicycling, and running for 1-2 weeks; however, light exercise is encouraged. You should also avoid hot tubs, Jacuzzis and pedicures.
8. Avoid prolonged sitting or standing for the first week. You may elevate your leg throughout the day to alleviate discomfort. It is recommended that patients should refrain from long travel (i.e.- car or plane rides) for a minimum of one week unless discussed with the physician.
9. If you develop an area that is red, hot, swollen or painful, notify us immediately.
10. You will return to the office within a week for an ultrasound.

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Pre Sclerotherapy Instructions:

1. Refrain from using moisturizers / lotions on the day of treatment.
2. Some patients prefer to change into “shorts” rather than a gown supplied by our office. You may bring along a pair of “shorts” if that would make you more comfortable.
3. Bring your Thigh High compression stockings with you to each visit.

Post Sclerotherapy Instructions:

1. Stay active and leisurely walk after treatment.
2. If ace wrap used, remove in 2-3 hours and replace with thigh high compression stockings. Sleep with compression stocking on the night of the treatment and through the next day and remove and shower. The longer the compression is worn continuously the first three days after treatment the better the results.
3. Your leg should NOT be exposed to prolonged sunlight (No tanning or sunbathing!) for one week. If you will be in the sun, please use sunblock liberally (SPF-30 or greater)!
4. Minor discomfort or mild itching is common. An ice pack or Tylenol may help. Avoid anti-inflammatories for one week (Advil, Motrin, Aleve) as these can blunt the desired response to treatment.
5. Avoid “intense aerobic” activity of the lower extremity for one week.