

Pre-Procedure Patient Instructions: Endovenous Ablation Procedure

Your procedure is scheduled for _____. Prior to your procedure, please ensure to strictly follow the instructions listed below:

Unless specifically instructed otherwise by your physician:

Medication:

- Hold warfarin for four (4) days prior to your procedure.
- Hold dabigatran (Pradaxa), apixaban (Eliquis), rivaroxaban (Xarelto), and edoxaban (Lixiana) for two (2) days prior to your procedure.
- Continue all other medications
- You will be asked to take 600 mg of Ibuprofen (Mortin, Aleve or Advil) every 6 hours for 3-5 days after the procedure. No additional pain medication should be required after your procedure.

Compression:

- Obtain thigh high compression stockings classified as medical grade(20-30 mmHg). A prescription may be written to your pharmacy prior to the procedure or the day of the procedure. You will wear the ace wrap for 2 days after the procedure, then shower and apply the compression stocking on the treated leg.

You will be awake but will receive local anesthesia and

- If you take anxiety medication, you may take 20 minutes before your procedure.
- If you took anxiety medication, please arrange transportation to and from the office.
- Avoid shaving or applying lotion to your leg the day before your procedure.
- Drink plenty of fluids prior to procedure.
- You may wear or bring loose shorts for the day of the procedure, otherwise a gown will be provided.

On the day of your ablation, please:

- Stay hydrated on the day of you ablation.
- There are no dietary restrictions, eat prior to procedure.
- Shower before your procedure. You will be required to NOT shower for two (2) days after the ablation.
- Wear loose-fitting pants to accommodate the bandages wrapped around your leg after your procedure.
- Activity:
 - Normal activity of daily living, such as walking, stairs is encouraged.
 - No running or heavy lifting for the first few days after your procedure.
 - Don't sit all day after your procedure. Make sure you are walking for 2-5 minutes at least every 1-2 hours.
 - You may rest and elevate your leg with a pillow under the calf not the knee.