

## Prior to your surgery

- **Please arrive 10-15 minutes before to your scheduled appointment time and plan to be in our office for 1-2 hours.**
- **No fasting is required.** Eat a nutritious breakfast and lots of fluids prior to the procedure. Avoid excessive caffeine.
- **Continue taking all medications** and/or supplements as prescribed by your primary care physician or specialist(s).
- **Shower before your visit** and wash your leg well. Do not apply any creams, lotions, or oils to the leg.
- **Wear loose fitting, comfortable clothing.** This will allow room for you to dress over your post-operative bandages.

## After your surgery

- Suture-strips will be applied to your surgery site(s). Don't remove the suture-strips for 7 days following the procedure.
- You can shower the day after your surgery. Beforehand, remove any gauze and shower with the suture-strips in place.
- If you have a phlebectomy, skin glue will be placed over your incision sites. Don't remove the skin glue for 14 days.
- **Please avoid scraping/removing scab/shaving at the laser entry site(s).**
- Be active! **Walk for 10 minutes every hour on the day of surgery until bedtime.**
- It's normal to notice a small amount of fluid drainage on the gauze up to 48 hours after the procedure. Your leg may also feel "tight". **Bruising and discomfort is expected.**
- **You may return to work the day of your surgery.** Please limit exercise to walking for 5-7 days following the surgery. Running, weightlifting, and other high impact activities may be resumed at that time.
- **Avoid** flying for 5-7 days and long car trips (>2-3 hours) following the procedure.
- **No** hot tubs/swimming for 7 days following the procedure.
- **Please** have Ibuprofen (200mg - take four tablets every eight hours with food, no more than 12 tablets in a 24 hour period) or Aleve (naproxen 225mg - take two tablets every 12 hours with food) available. Use **one** of these medications on a daily basis for 1 to 2 weeks. (Let us know if you're already taking a prescription **anti-inflammatory**.)
- **You must wear thigh high (20-30 mmHg) compression hose for 2 weeks after your procedure. If you don't have any, we have them available for purchase here at our office. They're \$30.00 for a single hose or \$60.00 for a pair.**
- Should you have an emergency or concern after hours, please call our after-hours number, 205-834-2516.

## Your surgical and aftercare insurance benefits

- We try our best to prepare you for any out-of-pocket expenses you may have for your surgery. If you would like a detailed estimate of your expenses, please let us know.
- **You will be scheduled for a follow-up appointment 3-7 days after the procedure. An ultrasound will be performed at that time and will be billed to your insurance. Depending on the type of surgery you had, you may owe a co-pay and/or deductible for your follow-up visit. Please do not hesitate to contact us with any concerns about your insurance. We are happy to help and strive to be as thorough as possible.**
- **Stephanie Reyes, Surgical and Insurance Coordinator (205) 592-1800**

Date	Surgery