

1836 Florida Avenue  
Panama City, Florida 32405



10800 PCB Parkway, Unit #300  
Panama City Beach, Florida 32407

Ph: (850) 872-8510 • www.ArteryandVeins.com • Fax: (850) 872-7412

## Vein Closure/Phlebectomy

### **Before Your Procedure Instructions**

1. You must arrive 30 minutes prior to your procedure time; this will ensure that you are prepped and ready at your scheduled procedure time.
2. If you take valium, you are required to have someone drive you to and from your procedure. **They must remain on the premises for the duration of your procedure.** Unfortunately we have had patients left at the office for several hours after their procedure.
3. Do not drink alcoholic beverages or smoke for two days before and after your procedure since this may impair the healing process and increase your risk of complications. Please refrain from drinking alcoholic beverages after you take your sedation as drinking alcohol and taking valium can cause a more pronounced sedation.
4. The day of your procedure, shower and wash your legs thoroughly. Do not shave your legs 24 hours prior to the procedure. Do not apply any cream or lotion to your legs.
5. **Please wear comfortable loose fitting clothing ie. Sweat pants, shorts, or a skirt. Please do not wear white.**
6. Eat a light meal or snack 2 hours prior to your arrival. Please avoid caffeinated products, i.e., Coffee or Coke/Pepsi products as this can affect the valium
7. You will be prescribed Valium to take prior to your procedure; we also recommend taking 50 mg of over the counter Benadryl (generic diphenhydramine) which helps minimize any itching.
  - ❖ You will need to take the first Valium tablet 90 minutes prior to your arrival, with two 25mg Benadryl tablets.
  - ❖ Bring your second tablet of valium with you to the office. Our surgical team will determine if you need to take the second tablet.
8. You are welcome to bring headphones to listen to music during the procedure.
9. **Bring your compression hose.**
10. Immediately following your procedure you will be taken to the recovery suite where we will monitor you for 30 minutes.

## Post Phlebectomy Procedure Instruction Sheet

Patient Name: \_\_\_\_\_

Follow Up Appointment: Time \_\_\_\_\_ Date: \_\_\_\_\_

1. The wrap around your access site(s) should remain in place for 4-6 hours. Please be aware some drainage may occur from the injection site 24-48 hours following the procedure. After this you can remove the bandage and place a band-aid over the stitch.
2. You may shower the day of your procedure, but avoid hot tubs and baths and saunas for the first two weeks. Water aerobics or swimming in a pool is ok, but please refrain from fresh or salt water for two weeks.
3. You may have some discomfort and bruising, this is normal, and you may take Motrin as needed.
4. You must walk regularly after your procedure. We encourage you to return to normal activity.
5. You will have your stitch(s) removed at your follow up ultrasound appointment listed above.
6. If traveling by air or car make sure to wear your compression hose and walk around every 2 hours.
7. Please call our office if you experience any of the following:
  - Severe pain
  - Bleeding that last for more than 20 minutes
  - Fever over 101.5

You can return to normal activity after the effects of the valium have worn off.

PLEASE contact our office if you have any questions or concerns. We are available 24 hours a day, seven days a week, for your convenience and questions. As complications are rare, we want you to feel confident in the services that we provide and our availability to you should any concerns arise.

**\*\*PLEASE DO NOT WEAR COMPRESSION HOSE TO YOUR FOLLOW UP ULTRASOUND VISITS\*\***