

RENAISSANCE LASER AND VEIN INSTITUTE
77 Rolling Oaks Drive Suite 202 Thousand Oaks, CA 91361
(805) 496-4242

VEIN PROCEDURE PRE-OP INSTRUCTIONS

PLEASE BE AWARE OF OUR CANCELLATION POLICY. We ask that you give us at least five days' notice when rescheduling procedures. We plan to have the doctor and staff here for your procedure and ask that you kindly keep your scheduled appointments. There is a \$50 late cancellation fee.

- **DO NOT DRINK COFFEE OR CAFFEINE** prior to your procedure. Please drink 8 to 12 oz. of Gatorade or water 1 hour prior to your appointment to hydrate your veins. You may drink caffeine after your procedure.
- **IF YOU HAVE AN ARTIFICIAL DEVICE**, you will be prescribed CLINDAMYCIN.
*Directions: Take (2) 300 mg tablets, 30 min prior to each procedure.
- We offer ATIVAN to our patients as needed for anxiety. This is **OPTIONAL**. You will be asked to provide Pharmacy information.
You will be prescribed (2) Ativan per procedure.
*Directions: Take (1) one hour prior to treatment. Bring the second one with you, and you can take it in our office, if needed.
When taking Ativan, you will need to have a driver bring you to the appointment. They will be asked to walk with you for 20 minutes immediately following the procedure. Please make sure your driver either stays in their car or comes back before you are done with your procedure. We ask that you provide the office staff with the phone number of your driver. You are **NOT** recommended to drive for the rest of the day.
- **BRING YOUR STOCKING!** All procedures require that you wear 30-40mmHg prescription grade thigh-high compression stockings to be worn for 1 week immediately after the procedure. You will wear this home. Please bring the stocking to your appointment if you already have one, or you can purchase them in our office.
- We suggest taking Arnica if you bruise easily. This is a homeopathic supplement that can help with bruising and swelling after surgery. It is recommended that you begin taking it two days prior to the procedure.

POST PROCEDURE HOME CARE INSTRUCTIONS

Immediately after treatment: You will be asked to walk for 20 minutes BEFORE getting in your car to go home. If you are taking Ativan, your driver will need to walk with you.

WEAR COMPRESSION STOCKINGS

- You will be required to wear a compression stocking for 1 week after the procedure or longer if instructed by Dr. Mohammadzadeh. You will need to wear it day and night except when showering or laundering.

TAKE ANTI-INFLAMMATORIES AS NEEDED

- Some patients experience mild to moderate itching, aching or soreness. You should prepare for mild swelling after the vein procedure. This means the treatment is working. It takes a few hours for the anesthetic to wear off. As this occurs you might feel soreness. This is normal, especially if you have had a larger vein that was treated. You can take (2) 200mg Advil or Motrin every 6-8 hours as needed for discomfort, pain or swelling. If pain persists, you may alternate with Tylenol.

WALK FREQUENTLY

- We do not recommend high impact aerobics, running, jogging, sit-ups, leg lifts or squats for 1 week after the procedure. These activities can be resumed normally after the first week. **You will be advised to walk for 30 minutes a day minimum for the next two weeks.**

You will need to have a follow-up ultrasound within 2 weeks of your procedure. This needs to be completed prior to your next procedure in our office by our ultrasound technician.

Please call our office at (805) 379-6717 if you are experiencing any of the following severe symptoms: Marked swelling or redness, excessive pain, allergic rash or blisters.