

VEINSOLUTIONS
3533 Southern Blvd, Suite. 5900
Dayton, OH 45429
(937) 424-0990

NAME: _____

PROCEDURE: _____

DATE: _____ TIME _____ ARRIVAL TIME _____

REWRAP APPOINTMENT: _____ TIME _____

FOLLOW UP ULTRASOUND: _____ TIME _____

PRE-OPERATIVE PROCEDURE INSTRUCTIONS

1. You must discontinue any blood thinning medication such as Coumadin, Warfarin, Aspirin, Motrin, Aleve, Advil, Ibuprofen, etc. for five (5) days prior to your procedure. You may resume the medication the evening of your procedure or the following morning, whichever is your normal routine. You may take Tylenol for pain medication if needed.
2. If you are currently taking Plavix, please discontinue for ten (10) days prior to your procedure. You may resume the Plavix the evening after your procedure or the following morning, whichever is your normal routine.
3. Please make arrangements for someone to accompany you to the office the day of your procedure, as you will not be able to drive yourself home.
4. Shower before your visit as you will not be permitted to shower after the procedure for 24 hours.
5. Do not apply any type of moisturizer to your leg(s) on the day of the procedure.
6. Wear loose clothing.
7. Do not shave your legs for 24 hours prior to your procedure.
8. Take prescribed medicine as directed.
9. **Bring your prescription stocking(s) with you the day of your procedure.**
10. Schedule a follow-up appointment with Dr. Campbell.

PLEASE CALL IF YOU HAVE ANY QUESTIONS

ELVeS™ PROCEDURE INSTRUCTIONS

Activity

- The day of surgery you should resume your activities of normal daily living as soon as you can as long as it is not strenuous.
- If you are sitting, you need to elevate your leg with your toes above your nose for the first three days. If you are standing, you need to be walking, do not stand still.
- Take a 20-minute walk the afternoon or evening of your procedure and 20 minute walks morning and afternoon for the two days after your procedure.
- No strenuous exercise for **seven** days following your procedure (gym workouts, swimming, running, exercise walking, upper body workouts, etc.)
- You may resume driving the morning following your procedure.
- Do not fly for 3 weeks.

Dressings

- Leave your compression stocking in place for 24 hours.
- After 24 hours you may remove your stocking and underlying gauze dressings and wraps and take a quick shower.
- Following the first 24 hours wear the stocking during waking hours for two weeks.
- Cover any incision sites that are draining with a simple gauze dressing or Band-Aid.
- Avoid tub baths, spas, or whirlpools until out of the compression stockings.

Incisions

- If you have steri-strips they should remain in place for 7-10 days. They can be removed after ten days at your discretion.
- If you have sutures they will need to be removed within 7-10 days. An appointment will be made at the time of your procedure for this to be done. Your sutures may be removed by Dr. Campbell or one of the staff depending on availability for your convenience.
- Your incisions may drain for the first day or two following the procedure. Simply keep them clean and covered with a gauze dressing or Band-Aid until they are dry.

Return to Work

- The average time off work is 2-4 days. This may vary depending on the type of work you perform and how you tolerate the procedure. If you feel you need a little extra time, please call our office and discuss this with us.
- If you work and your employer requires paperwork to return to work, please contact our office to arrange this. Please allow ten (10) working days for disability forms to be completed.

Medications

- You will experience bruising and soreness during the first 2-3 weeks post-procedure.
- Motrin will be prescribed and should be taken three times daily for the three weeks following your procedure to limit inflammation.
- Additional pain medication may be used, such as Extra-Strength Tylenol. Other pain medication may be prescribed at the discretion of your surgeon.
- Ice packs should be used to lessen soreness during the first three weeks post-procedure. Apply them for 30 minutes five times daily as needed.
- You **must** discontinue any blood thinning medication such as Coumadin, Warfarin, Aspirin, Motrin, Aleve, Advil, Ibuprofen, Etc... for five (5) days prior to your procedure. You may resume the medication the evening of your procedure, or the following morning, whichever is your normal routine.
- If you are currently taking Plavix, please discontinue for ten (10) days prior to your procedure. You may resume the Plavix the evening after your procedure, or the following morning, whichever is your normal routine.

Follow-up

- You will return for a baseline ultrasound study to assess the success of the procedure and to look for blood clots in the deep veins during the first week post-procedure. The results of this study will be discussed with you at the time of your first follow-up visit.
- An appointment for suture removal should be made at the time of your procedure if appropriate.
- A 3-4 week follow-up appointment with Dr. Campbell should be made at the time of your procedure.

If you have any questions, please call the office at 937-424-0990 between 9 a.m. and 5 p.m. Monday, Tuesday, Thursday and Friday. From 9 a.m. until Noon on Wednesdays.