

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

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.

ACTIVITY:

Concentrate on elevating your leg for the first 24 hours. Please prepare to have your leg elevated on your ride home the day of your procedure. You may take short walks around your home and this should increase daily. For the first week after your procedure you should avoid prolonged sitting and standing. You should elevate your operative leg with the foot above heart level to control swelling.

You may resume driving when you are comfortable enough to drive safely. You should not drive if taking pain medication. You may climb stairs as needed immediately after surgery. You may resume exercise such as aerobics, running, tennis or weight lifting one week after your procedure. We recommend you start slowly and proceed as tolerated.

For three weeks after your procedure, do not fly. If you have long car trips planned, please stop and walk for a few minutes every hour.

INCISIONAL CARE:

You will need to keep your incisions dry for 48 hours. You should shower briefly 48 hours after your procedure. Your incisions will be closed with tapes. These need to stay in place for 7-10 days. If you notice irritation or drainage at these sites call the VeinSolutions office. Continue wearing your prescription compression stocking during waking hours for two weeks. After your procedure you can expect bruising, swelling, and hard knots on your leg(s). As your body heals the bruising will fade and the swelling and knots will subside. This may take several months.

MEDICATIONS:

You will receive a prescription for pain medication that you can fill after your procedure at your local drug store. Resume other medications per our instructions.

FOLLOW-UP:

You will return to our office in 24-48 hours post-operatively to have your dressings removed. If your surgery is scheduled on Friday, you will be seen on Monday. The doctor will examine you and the office staff will review your post-operative instructions with you. Your next post-operative appointment with your surgeon will be scheduled in six weeks.

If you have any questions, please call our office at (937) 424-0990.