

**Patient Instructions for
Laser Vein Ablation and/or Ambulatory Phlebectomy**

Before the procedure day:

1. **No blood thinners/anticoagulants (Aspirin – this includes Baby Aspirin; Aleve – this includes, Naprosyn, Anaprox, Naproxen Sodium; Coumadin, Heparin, Plavix, etc)** for 5-7 days prior to the procedure.
2. **Fill the prescription for your compression stockings** before coming for the procedure. Remember the supplier may have to order the stocking, so leave enough time.
3. **Obtain the prescriptions for Xanax and Ibuprophen** before the procedure.
4. **Shave the leg** from the groin to the ankle, front and back, the night before the procedure.
5. **Bring someone to drive** you home the day of the procedure.
6. Inform our staff if you have **any medical allergies**.

On the procedure day:

1. Bring your **stocking**
2. Take your **Ibuprophen** in the morning.
3. You may eat a **light breakfast**, if your case is done in the morning or a full breakfast if you are scheduled for afternoon. Lunch should also be very light if you are an afternoon patient.
4. Take a **Xanax** when you arrive at the office.
5. Bring a driver. **NO patient is allowed to drive themselves home.**

After the procedure:

1. **Sponge baths only** during the first 48 hours.
2. Wear the **compression stocking continuously for the first 48 hours.**
3. Wear the stocking during the day for the next 7 days, unless instructed otherwise by Dr. Visconti. (Remember, wearing the appropriate compression stocking for the prescribed period is VERY important for optimal results).
4. **Walk** at least 3 times a day for 20 minutes. Walking is VERY important to keep the non-treated veins in your legs open.
5. **Contact us** immediately if you notice your leg getting hot, red, or tender, or if you develop fever or night sweats. (231-439-9700)

Additional Instructions: _____