

Alabama Vein & Restoration Medspa

ENDOVENOUS SAPHENOUS VEIN ABLATION (EVLA) and Microphlebectomy

PREOPERATIVE PATIENT INSTRUCTIONS

Please read these instructions carefully, it will help make your surgery experience more comfortable. You may call our office at any time to ask questions. We look forward to providing for you a comfortable experience.

Two Weeks Prior:

- **If you are taking diet pills, you will need to discontinue these medications at least 2 weeks prior to your procedure.**

One Week Prior:

- Wash entire body with antibacterial (Dial) soap 7 days prior to each surgery and Hibiclens antiseptic wash 2 days prior to each surgery. Hibiclens can be purchased for \$5 or at your local pharmacy.

One Day Before:

- Please shave your leg to be treated from **groin** to ankle.
- **Nothing to eat or drink after midnight, this includes mints, gum, and breath sprays.**
- Ensure one fingernail is free of nail polish and acrylic nails so we can accurately monitor you during sedation.
- If you are taking one of the anticoagulation medications (xarelto, coumadin, eliquis, aspirin, plavix, or similar medicine), you will be advised specifically regarding whether you should continue the medication and if not, how early the anticoagulant should be discontinued.

Day of Surgery:

- Please **NO FRAGRANCES** (lotions, body sprays, oils, essential oils, perfumes, and cologne)
- **Take your usual morning medications with a small sip of water only.**
- Be advised if you eat or drink day of surgery, you maybe be charged a cancellation fee.
- Please bring anup to date, written medication and allergy list to each surgery visit. This includes herbal supplements and vitamins.
- Arrive with your driver at the designated time given to you. Allow time for possible traffic delays. **A designated family member or friend will need to remain on premises throughout your entire procedure.** You will need this individual to drive you home. Your sedation will be such that driving a vehicle is too hazardous and is not allowed by medical criteria or by state law. We don't allow use of Uber's or Taxi's after surgery.
- You will need to purchase compression hose on the day of your surgery if you have not already purchased them. Thigh high compression hose are \$93 and pantyhose compression hose are \$112.
- You may purchase Bromelain for bruising after your surgery, please discuss with your nurse.
- Wear loose clothing and shoes. Please do not wear leggings, blue jeans, or boots.
- Females under the age of 50 will need to provide a urine sample upon arriving to the office.
- You will be given an intravenous sedative which will allow you to rest comfortably and sleep throughout the procedure. You are conscious and will breathe on your own, no airway tubes are required. You will be comfortable during your procedure.
- Your vein ablation procedure is performed in Alabama Vein & Restoration Medspa operating rooms. You are carefully monitored to protect your safety. You will rest comfortably during your procedure. If you wish to have spider veins injected, you may feel a few minor needle sticks at the conclusion of the procedure.