

SOUTHLAKE VEIN CARE

J. ANDREW SKIENDZIELEWSKI, DO

Pre-Operative Instructions

Between now and the day of your procedure:

- If you take Omega Fatty Acids or Iron supplements, stop taking these medications 3 days prior to your procedure. This is to decrease the likelihood of post-procedure bruising and skin staining. Resume these medications after any bruising/darkening of the skin overlying the treated veins has resolved.
- Begin taking Aspirin 81mg once daily starting the day before your first procedure and continuing for 6 weeks after your last procedure. Do not take it if you are allergic to aspirin or are already taking a blood thinner (Xarelto, Eliquis, Coumadin, etc).
- Arrange for transportation:
 - You will not be able to drive after:
 - Any thermal ablations.
 - Any phlebectomy procedures.
 - Any procedure for which you choose to receive sedation.
 - If you do receive sedation for your procedure, we require that a friend or family member drive you home. Car services (Taxis, Uber, etc.) are not acceptable forms of transportation for a sedated patient.

On the day of your procedure:

- Eat as you normally would. There is no need to fast.
- Drink plenty of water and avoid caffeine.
- You may take most of your usual medications (see above for exceptions).
- Wear loose-fitting clothing to your appointment.
 - We will supply disposable underwear, but if you prefer - wear an older pair of underwear and bring another to change into following the procedure.
- Do not apply lotion to your legs or shave the day before or the day of your procedure.
- When to arrive:
 - 45 minutes before any appointment that involves a phlebectomy.
 - 30 minutes before your appointment if you plan to receive sedation.
 - 15 minutes before any other appointment.
- **Bring your thigh-high (20-30 mm Hg) compression stocking to your procedure appointment, to be worn afterward.**