



BEFORE YOUR VEIN PROCEDURE

Thank you for allowing us to treat your vein problems. Dr. Magnant will treat you professionally and with compassion. We want to make your experience as smooth and pain-free as possible. Make sure to wear your compression hose prior to your procedure to get use to them. They are available for purchase at our office at a discounted rate. Please make arrangements to be at our office a minimum of 2 hours on the day of your procedure. The arrival time you have been given is 30 minutes before your actual procedure time. This allows us to review instructions with you and give us adequate time to prepare you for procedure.

PRE-OP INSTRUCTIONS

- **If you take Coumadin, Lovenox or Xarelto, please consult Dr. Magnant for directions on discontinuing use prior to your procedure. The norm is to discontinue Coumadin 3 days prior, Lovenox 24 hours prior, Xarelto 48 hours prior.**
- If you are Diabetic, please make sure to bring a snack with you, otherwise you may eat, drink, and take your other medications as normal.
- Please do not shave your legs for 24 hrs prior to your procedure and do not apply lotion to your legs.
- Wear loose fitting clothing with shoes that are easy to slip on and off.
- You may bring a sweater or jacket with you as the temperature of the operating room can be cold.
- If you bruise easily we advise you to take Arnica starting 2 days before your procedure to help minimize the bruising. Arnica can be purchased in our office at a discounted rate.
- Make sure to bring your **Thigh High 20-30mmHg compression hose** with you.

ANESTHESIA

Dr. Magnant is very generous with his local anesthesia and does not want you to experience any unnecessary pain. If you are an anxious person you may request a prescription for Ativan prior to your procedure day to help you relax. Remember, if you choose to take Ativan you will need a driver to transport you to and from our office.

INSURANCE

Once your procedure is scheduled our billing specialist will contact you via phone or email to advise you of your out-of-pocket cost such as co-insurance, deductible, or any outstanding balances. Please note you will not receive a phone call if the amount owed is just a co-payment. **Any amount other than your co-pay must be paid in full one week prior to your scheduled procedure or it will be re-scheduled.**

FEE

Please notify the office 24 hrs prior to cancelling or rescheduling your procedure. Failure to do so within 24 hrs without a bona fide emergency will result in a **\$250 cancellation fee.**

If you have any further questions, please call our office at (239) 694-8346.

JOSEPH G. MAGNANT, MD., F.A.C.S., R.P.V.I.

1510 Royal Palm Square Blvd., Suite 101 • Fort Myers, FL 33919

3359 Woods Edge Circle; Suite 102 • Bonita Springs, FL 34134

1-800-VEIN-DOC • 239-694-VEIN (8346) • 239-936-6272 fax • weknowveins.com



Post-op instructions for your vein procedure

After the procedure we recommend you take an anti-inflammatory such as Ibuprofen or Advil at the recommended dosages. Take Ibuprofen or Advil 600-800 mg 3-4 times a day with food for 5-7 days. This is to reduce the inflammation and discomfort associated with your procedure and help with any discomfort. If you are unable to take Ibuprofen or Advil due to medical reasons we suggest trying Tylenol 650mg every 6 hours with food for 5-7 days. This will help relieve some of the pain and inflammation from your procedure.

Compression hose should remain on for the first 24 hrs after your procedure and removed to shower. We recommend continuing to wear them for 2 weeks during the day. You should put them on first thing in the morning and wear them throughout the day for 8 hours or more. If you have large varicose veins, sever swelling or discolored & inflamed skin we recommend you continue wearing your hose for 4-6 weeks.

Remove all dressings after your initial 24 hrs and inspect for drainage, blisters, bruising.

If you have sutures: Replace your band aides daily. Sutures will be removed in 5-7 days after your procedure, typically at the ultrasound appointment.

Showering briefly is OK, however you should avoid swimming, hot tubs, or taking baths until the sutures are removed.

Restrictions

- Traveling long distance is not recommended after your procedure for at least for 7-10 days.
- Avoid heavy lifting and strenuous exercise such as aerobics, weight training, bicycling, yoga, or running for the first week.
- Avoid prolonged standing or sitting for the first week and try to elevate your leg(s) at least 3 times a day for 5-10 minutes.
- Normal work or leisure activity may be resumed as soon as you feel up to it. We will provide you with any documentation necessary for your workplace.
- Walking is encouraged as this will help with the circulation and reduce the risk of complications.

What to expect after your vein procedure

It is recommended that you go straight home after your vein procedure & get plenty of rest. This will allow the Ativan to wear off if you chose to take it. The local anesthesia will last for approximately 1 hour after the procedure. Please avoid any alcohol consumption for the first 12 hours following your procedure if you took Ativan or any other oral sedation medication. You should expect some discomfort in the inner and upper thigh area, which may worsen over the first 5-7 days and slowly decrease thereafter. This is the location where more energy was applied and is one of the more sensitive areas of the leg. This may feel like a tight rubber band from the groin to the inner knee area as your recently ablated vein turns into scar tissue. Use warm towel wraps or a warm heating pad on the area of discomfort. Bruising is common, so do not be alarmed if this occurs 1-3 days after your procedure. If the compression hose bunches up behind the knee or if your foot feels numb/swollen, you may take the hose off and elevate your leg above the heart for one hour, then reapply the hose.

If you have a **procedure related** emergency outside our normal business hours, you may call our after hours phone line at (239)297-7837. We kindly ask that you respect the privacy of the staff and restrict the use of this service to emergencies only.

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Your 1st procedure is scheduled for: _____ at _____ (this is your ARRIVAL time.)

In our: **Ft Myers / Bonita Springs** office. This will be for the **Right / Left Leg**.

Remember to bring your thigh high 20-30mmHg compression hose with you and plan to be in our office for a minimum of 2 hours from your ARRIVAL time.

Your next appointment is scheduled for: _____ at _____

In our: **Ft Myers / Bonita Springs** office. This is for your Ultrasound surgery follow up and/ or suture removal, if you had any placed. This appointment is typically 5-8 days after your procedure.

Your 2nd procedure is scheduled for: _____ at _____ (this is your ARRIVAL time.)

In our: **Ft Myers / Bonita Springs** office. This will be for the **Right / Left Leg**.

Remember to bring your thigh high 20-30mmHg compression hose with you and plan to be in our office for a minimum of 2 hours from your ARRIVAL time.

Your next appointment is scheduled for: _____ at _____

In our: **FtMyers / Bonita Springs**office. This is for your Ultrasound surgery follow up and/ or suture removal, if you had any placed.This appointment is typically 5-8 days after your procedure.

Please Note:Since Ultrasounds are not included in the cost of your procedure (unless you are a self pay patient) payment of your copay is due on the day of your Ultrasound follow up. Patients will be responsible for any out of pocket cost that is diagnostic related. Dr. Magnant or his Nurse Practitioner will see you at your post-op appointment in 4-6 weeks after all procedures have been completed. If you have a medical concern and need to be seen sooner call the office during normal business hours. If you have a procedure related emergency after hours which cannot wait until the next normal business day you may call the after hour line @ 239-297-7837. For all other emergency medical conditions call 911.

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