Vein Specialists
Joseph G. Magnant MD, FACS, RPVI
239-694-VEIN(8346)
1500 Royal Palm Sq. Blvd #105
Fort Myers, FL 33919
3359 Woods Edge Circle #102
Bonita Springs, FL 34134

BEFORE YOUR VEIN PROCEDURE

Thank you for allowing us to treat your vein problems. Make sure to wear your compression hose prior to your procedure as doing so will give you an idea of the relief you can expect to feel as a result of your upcoming procedure. Please arrive at the office at your scheduled **ARRIVAL** time on the day of your procedure to avoid delays. Just to be clear, your arrival time is 30 minutes before your actual procedure time. This allows Dr. Magnant to meet with you in the pre-op room and review any last-minute questions you may have and gives the team adequate time to prepare you for your procedure.

PRE-OP INSTRUCTIONS

- If you take **Coumadin, Jantoven, Lovenox, Xarelto, Eliquis, Pradaxa, or Brilinta** please consult Dr. Magnant or one of our Advanced Practitioners for directions on discontinuing prior to your procedure. The usual regimen is to discontinue **Coumadin/Warfarin/Jantoven** 3 days prior, **Lovenox** 24 hours prior, and **Xarelto, Eliquis, Pradaxa, and Brilinta** 48 hours prior to your scheduled procedure.
- If you are Diabetic, please make sure to bring a snack with you. You may eat, drink, and take your other medications as normal.
- Please do not shave your legs for 48 hours prior to your procedure and do not apply lotion to your legs after your last shower.
- Wear loose-fitting clothing with shoes that are easy to slip on and off. We suggest you wear dark colored pants and avoid white or other light-colored garments.
- Please bring a sweater or jacket with you as the temperature in the operating room may be cold.
- If you bruise easily, we strongly suggest you take **Arnica** tablets as directed starting 2 days before your procedure to help minimize bruising. Arnica tablets can be purchased in our office at the time you schedule your procedure at check out or on the day of your procedure as well.
- Make sure to bring your ***Thigh High 20-30 mmHg compression stocking or a Knee High Compression hose and an Ace Wrap*** with you the day of your procedure. You will have to purchase another on the day of your procedure if you leave them at home. Compression hose and Ace Wraps are available for purchase at our office

ANESTHESIA

Dr. Magnant and his providers are very generous with their local anesthesia and do not want you to experience any unnecessary discomfort. If you are an anxious person, you may request a prescription for Ativan to take 30 minutes prior to your procedure to help you relax. Please call our office 1 week prior to your procedure date to request this prescription. The prescription will be called in to your pharmacy 24-48 hrs prior to your procedure. We also offer ProNox (Nitrous Oxide laughing gas) for a charge of $89.00 per procedure. You can drive yourself home after using ProNox as it wears off within minutes of discontinued use. We will confirm that you are ready and able to drive before being discharged. **Remember, if you choose to take Ativan you WILL need a driver to transport you to and from our office**

INSURANCE & FEES

Once your procedure is scheduled, our billing specialist will contact you via phone or email to advise you of your out-of-pocket costs, such as co-insurance, deductible, or any outstanding balance. Please note you will not receive a phone call if the amount owed is just a co-pay. Any amount due must be paid in full, upon arrival the day of your scheduled procedure. Please notify the office 24 hrs. prior to your procedure to cancel or reschedule your procedure. Failure to do so within 24 hours may result in a $250 rescheduling fee. If you have any further questions, please call our office at (239) 694-8346.

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POST-PROCEDURE IINSTRUCTIONS

There are a few things we want you to do after your vein procedure to minimize the risk of complications and maximize your results. Walking is encouraged, and this will help reduce the risk of complications

- Stay active for the rest of the day and the next week. We suggest minutes walking 10-15 minutes every hour. Avoid prolong sitting.
- Take a baby aspirin (81mg) daily for the next week (unless you are already on another blood thinner such as Xarelto or Eliquis.
- Take a non-steroidal anti-inflammatory as prescribed daily for the next week as prescribed (i.e. Ibuprofen 600/800 mg by mouth with food 3-4 times a day or Aleve 500 mg every 12 hours).
- Wear your compression hose for the first 48 hours after your procedure. You may take them off to shower as needed or if they bunch up at your ankle, foot, or knee and are causing discomfort. We recommend continued use of compression hose for two weeks while you are up and active.
- You may Remove your bandages 24-48 hours after your procedure.
- Traveling long distances is not recommended after your procedure until your post-op ultrasound is completed.
- 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.
- Elevate your leg(s) above your heart at least 3 times a day for 15-20 minutes if you have varicose veins, swelling, discolored or inflamed skin or ulceration.
- Normal work or leisure activities may be resumed as soon as you feel up to it.

WHAT TO EXPECT AFTER YOUR VEIN PROCEDURE?

It is recommended that you go directly home after your vein procedure and walk 15 minutes each hour for the next 4-6 hours. The local anesthesia will last for approximately 1 hour after the procedure, however you should not experience much discomfort even after it wears off. If you took Ativan, Valium or equivalent, please avoid alcohol consumption for the first 12 hours following your procedure. You may experience some discomfort in the inner and upper thigh area, over the first 5-10 days but this should slowly decrease thereafter. This is the location where more energy was applied and is one of the more sensitive areas of the lower extremity. You may feel a tight “rubber band” feeling from the groin to the inner knee area as your recently ablated vein turns into scar tissue. Some numbness and tingling may occur but should resolve with time. 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 any blisters develop, please contact the office.

If you have a procedure related-emergency after hours which cannot wait until the next normal business day you may call the afterhours line @ 239-297-7837. For all other emergency medical conditions call 911.

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1st* Procedure*:

Your ARRIVAL time for 1st procedure is*:* _____on _____

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

Remember to bring your ***thigh high 20-30 mmHg compression hose, knee highs and/or ace wrap*** with you.

Your **Post-Op Ultrasound appointment** is scheduled for:_____on_____

In our: **Ft Myers / Bonita Springs** office. This is for your Post-Op Ultrasound and/ or suture removal, if you had a varicose vein removed (phlebectomy). This appointment is typically 5-8 days after your procedure and is a critical appointment to keep.

2nd Procedure:

Your ARRIVAL time for your 2nd procedure is*:* _____on_____

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

Remember to bring your ***thigh high 20-30 mmHg compression hose, knee highs and/or ace wrap*** with you.

Your **Post-Op Ultrasound appointment** is scheduled for: _____ at _____

In our: **Ft Myers / Bonita Springs** office. This is for your Post-Op Ultrasound and/ or suture removal, if you had a phlebectomy. This appointment is typically 5-8 days after your procedure and is critical appointment to keep.

Please Note:

1. The **arrival** time is purposefully 30 minutes prior to your **scheduled** procedure to allow Dr. Magnant adequate time to meet with you in the preop room before your procedure and allow his team adequate time to prep you for your procedure**.**
2. 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 Post-Op Ultrasound**. Patients will be responsible for any out-of-pocket cost that is Ultrasound related. Our Advanced Providers will see you at your post-op appointment in 4-6 weeks after your procedures have been completed. If you have a medical concern and need to be seen, sooner please call the office during normal business hours.
3. If you have a procedure related issue which cannot wait until normal business hours, please call the after-hour number 239-297-7837. If you are experiencing a medical emergency, call 911 or go to the closest emergency room.