

## **SAMUEL BUNDZ, MD, P.A.**

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### **PRE-OPERATIVE INSTRUCTIONS** **VEIN PROCEDURES**

Read and initial beside each paragraph indicating you understand. You will be given a copy to take with you. Please follow these instructions carefully.

#### **Four Days Before Procedure**

STOP all aspirin products (such as ibuprofen and Advil) four (4) days prior to having the procedure. DO NOT stop bloodthinners such as coumadin, plavix, etc.

#### **Several Days Before**

If you were given prescriptions, please have them filled. Purchase some Tylenol to take for the first 2 days after your procedure. You will also need to purchase Advil, ibuprofen, or Motrin, to begin taking 48 hours after your procedure. This will help with any swelling and discomfort you may experience.

Also, Dr. Bundz recommends using *Arnica Cream* which will also help with bruising and inflammation postoperatively. It can be purchased for about \$9.00 at any health foods store or at Lake Nutrition Center (365-6477). Use the Arnica Cream one time the day before your procedure.

#### **Night Before**

Shave the operative leg the night before your surgery. If treatment is facial, do not wear makeup or face creams. You may shower the morning of your appointment. Do not use the Arnica Cream after shaving. Do not apply any lotions or oils to the legs or operative area.

#### **Day of Procedure**

You may bathe with a mild, non-oily soap. Do not apply lotions or oils to the operative area. You will not be having general anesthesia. Do not come to the office on an empty stomach. We encourage you to have a small meal 1 to 2 hours prior to arriving at the office. You may take one dosage of the ibuprofen (with food) at this time. Please take any other medications as usual unless otherwise instructed.

Wear comfortable loose clothing and do not wear flip-flops or similar sandals. You will leave with a surgical dressing and a closed-toe stocking over your foot and leg. Compression stockings will be thigh high unless you have requested and paid for pantyhose well in advance.

#### **After Your Procedure**

The surgical dressing will remain in place for three full days. Do not get your dressing wet. The nurse will give you more specific post-operative instructions immediately after your procedure. You will be asked to walk for about 10 minutes before leaving the office. If you have taken an anti-anxiety medication, please make sure you have someone to drive you home.

You will have some mild discomfort following surgery. Some patients find it helpful to take a day or two off of work, although we expect you to be able to resume all your pre-procedure activities (including work) the following day, if necessary. If you would like, we can prescribe a prescription for pain medicine to be used as needed. If you are having extreme discomfort or bleeding after your procedure, notify the office immediately.

We would like you to continue to keep moving and maintain a normal level of activity. Walking twice daily for 20 minutes is encouraged and promotes speedy healing. Avoid prolonged sitting or standing in one place for the first week and elevate your legs at least 3 times a day for 5-10 minutes. Avoid strenuous exercise such as aerobics, weight training, bicycling and running for 3 weeks. Also avoid whirlpools or heated swimming pools for three weeks, as well as sun exposure.

Note: After your procedure, you **MUST** bring your compression hose to all appointments.