



Somerset Surgical Associates

Pre-Endovascular Ablation (Closure) Instructions

STOP ALL BLOODTHINNERS (ex: ASPIRIN, COUMADIN, WARFARIN, VITAMIN E, FISH OIL) 5 DAYS PRIOR TO PROCEDURE.

STOP PLAVIX 7 DAYS PRIOR TO PROCEDURE.

Day of Procedure:

- Apply Emla cream to the inner affected leg from the groin to the ankle and take (1) one Xanax 0.5mg 1 hour prior to your scheduled appointment time.
- **Bring the second Xanax with you to the office. You will be directed when it should be taken.**
- Bring compression stockings with you to the office.
- Arrange for someone to accompany you. **You will not be able to drive after the procedure.**

Post-Endovascular Ablation (Closure) Instructions

Please be on your feet as much as possible today. We prefer that you do not go home and lie down. To assist in the proper closure of your vein, we want as much pressure on the vein to help keep it closed. Running errands, doing chores around the house, or going for a walk in your neighborhood are some examples of accomplishing this goal.

For the next 72 hours, you will need to keep your compression stocking on at all times with the exception of bathing.

24-hours after your procedure, you may remove your compression stocking to bathe. Once you have completed bathing, the stocking must go back on. Bandages may be removed and **DO NOT** need to be replaced.

REMEMBER: the compression stocking must stay on around the clock for the next three days. After 72 hours, you will need to wear the compression stocking only during the day and it may be removed before slumber.

Please refrain from any heavy activity such as running and weight lifting for at least three days. Too much pressure against the vein may reopen it and reverse the effect of the procedure.

It is **important** that you follow up with two ultrasounds and one office visit. Ultrasounds may be performed at any radiology facility or at RWJ University Hospital-Somerset Vascular Lab.

- _____ 1st Ultrasound: 3 days from procedure
- _____ 2nd Ultrasound: 10 days from procedure
- _____ Office Visit: 5 – 7 days from your 2nd ultrasound

During your office visit, the doctor will review your ultrasound reports and determine whether or not the compression stocking will need to be worn for an additional period of time.

If you have any questions, please contact our office at 908-725-2400.

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