

PRE AND POST-OP INSTRUCTIONS

(What to Expect **Before**, **During**, and **After** Your Procedure)

CONSERVATIVE MANAGEMENT

All insurance companies require patients to meet “conservative management”, or “non-surgical treatment” prior to approving or paying for treatment of venous insufficiency. **Your insurance company wants to make sure that you are committed to having treatment.**

WHAT IS CONSERVATIVE MANAGEMENT?

- Use of compression stockings for a period of six weeks to three months this is determined by your insurance.
- Use of over-the-counter pain relievers. (Tylenol, Ibuprofen)
- Mild exercise.
- Elevation of your legs when able at home or work.
- Maintaining a healthy weight.

AS YOUR PROVIDER WE ARE REQUIRED TO ASK YOU IF YOU ARE:

- Wearing your stockings? How often? How many hours a day?
- Have you taken over the counter pain relievers? If so what and how often?
- If you are exercising? How often are you exercising?
- If you are elevating your legs? How often? And for how long?
- Are you maintaining a healthy weight?
- Any interruptions in daily activities? (e.x., walking or standing for long periods of time)

If you are not compliant with the conservative management you will not meet the requirements for having your procedure authorized by your insurance.

STEPS FOR VENOUS PROCEDURES

STEP 1

Our Procedure Scheduling Department will reach out to you to schedule your procedures after our internal review is completed. Please contact our office if you have not heard from us within a few weeks.

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STEP 2

Once your procedures are scheduled, we will contact your health insurance to verify benefits and initiate your authorization. This could take up to 30 days, and **your procedures must be scheduled in order to begin this process**, as some insurances have date-specific authorizations.

STEP 3

Review your cost analysis. We will submit this to you through our patient portal or mail a copy at your request to the home address we have on file. (This may take a couple of weeks.) Please call our office if you have any questions or if you require a payment plan.

STEP 4

Please **remember to bring your medication list and the history and physical form** (mailed with your cost analysis) if it was not completed through our online portal. We will also collect your payment the morning of your first procedure.

ERA PROCEDURE INSTRUCTIONS

Wear loose-fitted clothes the day of your procedure.

Bring compression hose (thigh & knee high) to EVERY procedure to be used as part of the post-operative dressing.

Your leg will be wrapped with an ace bandage and should be left on for the next 3 days, 24/7 (only remove to shower). You may also notice clear/strawberry-colored fluid leaking from puncture sites on the inside of your leg — **this is normal and you're not bleeding**. Let it continue to soak into the ace bandage for 3-4 hours, then replace it with compression hose as noted above.

Following the procedure, your incision site will have steri-strips. Remove these after day 3. Beginning day 4, you will only need to wear the compression stockings during the day; continue this for 2 additional weeks.

Walking is encouraged (at least three separate 5-10 minute walks daily) to ensure proper recovery. You may resume normal activities the day of the procedure with some restrictions:

- **No vigorous exercise and no heavy lifting (>40 lbs) for two weeks.**
- **No submersion** (baths, hot tubs, swimming pools) **until your post-op scan visit.**
- **Travel restrictions:** Avoid flights for 2 weeks after your procedures. Prolonged driving is not recommended. If traveling by car, stop every hour to walk and hydrate well. Wear compression stockings when traveling.

If you experience itching, you may use an antihistamine (OTC Benadryl or Zyrtec) as directed.

You may develop bruising that can last several weeks.

Some people experience a pulling or tugging feeling along the treated vein — this is normal. **Compression stockings and walking will help these symptoms.** You may also experience skin numbness for several months; rub the areas of discomfort to help “wake up” the nerves.

Treatment involves treating varicose veins with a catheter that induces heat to seal the vein. This may cause **phlebitis or vein inflammation** (prolonged redness, tenderness to touch, a firm area along the vein). **This can occur anytime after the procedure and is normal.** This inflammation helps the treated vein dissolve.

If you experience discomfort, take OTC Tylenol or Motrin as directed. Wear your compression hose diligently to reduce the chance of phlebitis or skin pigmentation issues.

POST-OP ULTRASOUND: This confirms the treated veins are closed, ensures no blood clots have formed, and identifies whether additional treatment is needed.

If you develop a fever, increased pain, swelling, or redness, please call our office:
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