

# 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.

# SCLEROTHERAPY

## PRE-PROCEDURE INSTRUCTIONS

- Must bring compression stockings to each appointment.
- Refrain from using lotion of any kind on the day of treatment.
- Bring shorts to each appointment.

## POST PROCEDURE INSTRUCTIONS

- **Wear compression stockings for 14 days worn 24 hours a day** following your procedure for optimal results.
- Only remove them to shower.
- Resume your normal activity as quickly as possible. Light exercise is encouraged. However, avoid strenuous exercise for 14 days after each treatment.
- **SHOWER ONLY!** Avoid soaking your legs (no hot tubs, swimming pools, Jacuzzis, baths, pedicures) for **14 days after each treatment.**
- **No sunbathing or tanning beds** for 4 weeks after each procedure.
- **TRAVEL RESTRICTIONS:** Avoid air travel or prolonged car travel for 14 days after each treatment.

## WHAT TO EXPECT AFTER SCLEROTHERAPY

- Sclerotherapy is **NOT** an eraser. It may take up to **several treatments to see results.**
- Some swelling from puncture sites are normal for the first 24-48 hours following your treatment. **Your veins will look worse before they look better.** Bruising may last a few weeks.
- Itching immediately after treatment may persist for several hours. You may take oral antihistamines, such as **Benadryl, as directed.**
- **Mild pain and soreness** that may persist for a few days. You may take over the counter **Tylenol** or **Motrin** for discomfort **as directed.**

- Phlebitis or inflammation (prolonged redness or tenderness along treated veins) can occur at any time after treatment. **This indicates the medication is effective**, it does not represent an infection.

## **RECURRENCE**

- New veins can develop. Yearly ultrasound surveillance is important to detect reoccurring veins so they can be easily treated before becoming too large making sclerotherapy ineffective.

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