

Veinology Health Pre-op Instructions

Pre-Operative Instructions for Radiofrequency Ablation (RFA / ERA) and Varithena procedures

****Patient Name:**** _____

****Arrival Time:**** __30 mins prior to appt time_____

1. Medication Instructions

- Blood Thinners: You may continue to take any blood thinning medications as directed prior to the procedure.
- Diabetes Medications: You may take your normal medications and eat as required prior to the procedure.
- Other Medications: Continue all medications as directed unless instructed otherwise.

2. Day of Procedure

- Be sure to hydrate both the day prior and the day of your procedure in order to make accessing the vein during treatment easier. You may also eat the day of the procedure as per your normal schedule.
- Shower the morning of your procedure. Do not apply lotions, powders, or oils to your legs.
- Wear loose, comfortable clothing and avoid tight garments.

3. Transportation

- You may drive yourself to and from the procedure unless otherwise instructed.

4. What to Bring

- Compression stockings or the ACE wrap from prior procedures.
- Flip flops, slides, or loose-fitting shoes.

5. Post-Procedure Expectations

- Mild discomfort, bruising, or tightness in the treated leg is normal.
- Walking is encouraged after the procedure. Avoid prolonged sitting or standing still.
- Compression stockings must be worn as instructed. You will receive post op instructions the day of procedures.

****Patient Acknowledgment:****

I have reviewed and understand the above pre-operative instructions.

Signature: _____ Date: _____