

# Preoperative Instructions

- **Compression Stockings:** Properly fitted stockings are required for all procedures. Please obtain them as soon as possible. Rubber gloves must be worn when putting on stockings to prevent damaging stockings. Some insurance providers may require patients to wear stockings for a time before approving surgery. **Please be fitted 3 weeks prior to your procedure as your size may not be in stock.** To help make these veins more obvious, patients should not wear compression stockings for at least 5 days prior to surgery. Do not use lotion on legs for 48 hours before surgery.
- **Travel:** We recommend patients not fly or travel long distances by car for 1-2 weeks after treatment.
- **Shaving:** Legs should not be shaved for 72 hours before surgery to avoid possible skin infections.
- **Medications:** Please take all of your medications on the morning of surgery, just as you would do on any other day.
- **Blood thinning medication:**
  - a. Patients taking **Plavix** (clopidogrel) should stop five days prior to surgery. Please consult your cardiologist prior to stopping this medication.
  - b. Patients taking **aspirin** should stop ten days prior to surgery.
  - c. Patients on **Coumadin** (warfarin) do not need to stop this medication.
  - d. All patients with a prior history of deep vein clot should receive a pre op injection of Lovenox. Please call Dr. Cutchen if this pertains to you.
- **Day of surgery:** Wear sweat pants or other loose fitting clothing to accommodate your dressings. Wear comfortable shoes since you will be required to walk near the office for 30 minutes after surgery. Please eat a light breakfast prior to your procedure.
- **Follow-up:** You will be seen 24-48 hours after your surgery to remove your surgical dressings. Patients undergoing endovenous laser ablation will also have an ultrasound of the treated leg at that time.

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| • Pre-op appointment: _____                  | Pre-op appointment: _____                  |
| • Surgery day/date: _____                    | Surgery day/date: _____                    |
| • Arrival time: _____                        | Arrival time: _____                        |
| • Surgery time: _____                        | Surgery time: _____                        |
| • 1 <sup>st</sup> post-op appointment: _____ | 1 <sup>st</sup> post-op appointment: _____ |
| • ECA appointment _____                      | ECA appointment _____                      |

Please anticipate being here for about 1.5-3 hours on the day of your procedure. This will cover your preparatory time, procedure time, and walk afterwards. Appointment times may vary slightly, your time will be confirmed the day prior to your procedure. Please don't hesitate to call Marilyn if you have any questions about these instructions. The office telephone number is **(505) 848-8346**.

**Please arrive on time for your procedure(s), late arrivals may be rescheduled. We will call to remind you of you arrival time, arrival times may vary 15 to 30 minutes. If you need to cancel or reschedule your procedure(s), please call the office at the above number. Procedures must be cancelled or rescheduled 2 weeks prior to scheduled appointment to avoid a \$250 cancellation fee.**