



PRE-PROCEDURE

To ensure a safe and smooth procedure, please read all of the instructions carefully. Call the office with any questions.

- Arrive 5 minutes prior to your scheduled appointment.
- If the doctor prescribed any pain or anxiety medications, take your prescription 30 minutes before your appointment. Anxiety medication will require that you have a driver.
- Be sure to take your regularly prescribed medications on procedure days unless otherwise instructed by your provider, including blood thinners and aspirin.
- Please wear loose-fitting clothing.
- Wear loose fitting shoes (flip flops or open sandals) to accommodate compression bandages after the procedure.

Veins can constrict, which can make them difficult to access.
To help prevent this, please follow the instructions below:

- No caffeine at all! (ex: coffee, tea, soda, energy drinks, chocolate, etc.)
- Drink plenty of water the day before and day of procedure.
- Do not wear your compression stockings at least one day prior to the day of your procedure.
- When you check-in the day of procedure, do not sit. If you are able, continue to stand and/or walk around.