

1. You will be receiving a local anesthetic and the option for an oral sedative during your procedure. Please arrange for someone to drive you home if you take the sedative.
2. Please be at the office 15 minutes prior to your appointment. You will be in the office between 1-2 hours. The actual procedure takes only about 1 hour.
3. Wear loose fitting clothing.
4. If you take aspirin, other blood thinners or supplements such as vitamin C & E on a regular basis, please tell the doctor. **DO NOT** use any aspirin products, Vitamin C or E for seven (7) days prior to having the procedure performed.
5. Take all your usual medications unless otherwise instructed by the office.
6. Shave the operative leg the night before the surgery. No lotions or oils should be applied to the leg the day of your procedure.
7. Do not come to the office on an empty stomach. We encourage you to have a small meal 1 to 2 hours prior to your procedure.
8. After the procedure, you will have a dressing on your leg. Please leave this dressing in place for 48 hours. Do not get your dressing wet. You will need to wear your thigh hi stocking day and night for the first two days and then only during the day for the next two weeks.
9. We expect you to resume all your pre-procedure activities including work the following day. We would like you to continue to keep moving and maintain a normal level of activity.
10. After your surgery, avoid strenuous exercise such as high-impact aerobics, weight training or running for 2 weeks. Walking daily is encouraged and promotes speedy healing (30 minutes or more daily is recommended). Also avoid prolonged sitting or standing for the first week.

Please feel free to call the office with any questions you may have about your upcoming treatment: 845-294-8142.