

PORTLAND SURGICAL ASSOCIATES

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Pre-Operative Instructions Laser or VNUS Closure/Phlebectomy

Before your procedure

Do Not use Aspirin, Motrin (or similar medication) or blood thinning medication (Coumadin) for 7 days PRIOR to your procedure

Do Not use Plavix for 7 days prior to your procedure. If you are on this medication discuss having this procedure with your primary care physician or your cardiologist

Do Not shave your legs just prior to the procedure, this minimizes discomfort under your dressings

Please wear, or bring with you, a pair of loose fitting shorts or high cut underwear or briefs to wear during and possibly after your procedure. These may become permanently stained due to the skin prep.

Shower on the day of the procedure but DO NOT apply “beauty cream” or lotions

You may eat a light meal prior to your procedure. We encourage you to stay well hydrated.

You may bring your own music and music player with you to listen to during the procedure.

You will need to make arrangements for a ride home after your procedure.

You cannot drive home after your procedure!

It is “OK” to have the person driving you wait at the office, or they may drop you off and return later. If they are not going to stay they must leave a telephone or cell phone number with the office staff.