

## PORTLAND SURGICAL ASSOCIATES

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### **Pre-Operative Instructions Sclerotherapy/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.

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

You may drive yourself to and from your procedure appointment. We recommend, however, that you **do not** try to return to work or exercise immediately after your procedure.

If you think you might feel faint after your procedure we advise that you arrange for transportation.