



BEFORE YOUR PROCEDURE INSTRUCTIONS

BEFORE THE PROCEDURE:

- Please inform us if you take any of the following medications: Aspirin, Motrin, Aleve, Ibuprofen, Advil, Plavix, Effient, Lovenox, or Coumadin/Warfarin. You may not need to stop taking these medications before the procedure, but taking these medications may cause you to bruise more.
- Please shower the night before or the morning of your procedure with an anti-bacterial soap such as Dial.
- If you will be taking an oral sedative before your procedure (Ativan or Valium), you must make arrangements for someone to drive you to and from the office the day of your procedure. You **WILL NOT** be allowed to drive yourself home. If you do not have a driver, your procedure will have to be re-scheduled.

DAY OF THE PROCEDURE:

- Please plan on an approximate one (1) hour visit. This includes tech prep, the procedure, and follow-up observation.
- Try to drink at least 8-16 ounces of water two days prior to your appointment.
- You may eat a light meal prior to the procedure.
- Wear comfortable, loose clothing.
- **AVOID caffeine or chocolate** the day of the procedure.
- **AVOID taking antihistamines** the day of the procedure.
- Please do not apply any moisturizers, lotions, or creams to your leg the day of the procedure.
- **BRING your compression stockings** with you on the day of the procedure.
- If you were given a sedative, you will take one (1) pill an hour before the procedure and the other one upon arrival to the office.
- It is helpful to take your first dose of Ibuprofen/Advil/Motrin **or** Tylenol before you leave the office to provide relief of discomfort when the Lidocaine anesthesia wears off. So plan to bring your first dose with you the day of the procedure.
- Please plan to make your follow-up appointment which should be within 7-10 days of the procedure.

PROCEDURE DATE: _____ **TIME:** _____ **a.m./p.m.**

If you have any questions on any of these items, please do not hesitate to contact us at: 240-412-0051.

Thank you.