

NORTH JERSEY CARDIOVASCULAR CONSULTANTS, LLC

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**PRE-OPERATIVE INSTRUCTIONS:
VENOUS ABLATION AND PHLEBECTOMY**

- Take your normal medications the day of your procedure unless otherwise directed by your physician.
- Please notify the physician if you are on any blood thinners because they may need to be stopped prior to your procedure.
- Please wear loose fitting clothing because your leg will be wrapped in an ace wrap until the following morning.
- We would like you to eat the day of your procedure due to the medications we are giving you. If you are scheduled in the morning please eat a light breakfast. Please avoid any caffeine such as tea or coffee the day of your procedure. If you are scheduled in the afternoon you may eat a normal breakfast and a light lunch.
- You will be pre-medicated at our office with oral medications which include Valium. Please call the office so Valium can be called into your local pharmacy.
- During the procedure, the physician will use a local anesthetic to numb your leg. Your leg may feel numb for several hours after the procedure but you should not have any difficulty walking.
- There is little recovery time after the procedure, and you may return to work the day after.