



## **GUIDELINES BEFORE MICROPHLEBECTOMY**

1. NO BLOOD THINNERS 48 HRS PRIOR TO PROCEDURE, AND NO CAFFIENE MORNING OF.
2. DRINK PLENTY OF WATER PRIOR TO PROCEDURE.
3. WEAR LOOSE FITTING CLOTHING & SLIP ON SHOES.
4. PICK UP VALIUM (WE WILL CALL YOU ONCE CALLED IN TO PHARMACY OF YOUR CHOICE). BRING WITH YOU TO THE OFFICE, **WE WILL INSTRUCT YOU WHEN TO TAKE IT.** (DO NOT FORGET YOUR DRIVER IF TAKING THE MEDICATION).

## **GUIDELINES AFTER MICROPHLEBECTOMY**

1. IF TAKING THE VALIUM, YOU ARE NOT TO DRIVE FOR AT LEAST 4 HRS POST PROCEDURE.
2. WEAR BANDAGES FOR 24-48 HRS POST PROCEDURE.
3. DO NOT REMOVE STERI-STRIPS; THEY WILL FALL OFF ON THEIR OWN.
4. MAY ELEVATE LEGS ABOVE HIP LEVEL IF GOING HOME TO REST, BUT WE SUGGEST CONTINUING TO DO AS MUCH WALKING AS POSSIBLE.