

Hamptons Vein & Vascular
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Pre-Procedure Instructions for Radiofrequency Ablation and Microphlebectomy

1. If you are on blood thinners please notify us immediately so we can speak with your primary Doctor and determine a course of action.
2. **Please arrange for someone to drive you home.** You will be receiving a local anesthetic/and an oral sedative during the procedure and will not be able to drive home following the procedure. The pain will be minimal but oral sedation and wraps on the leg will make driving unsafe. In addition, the sedative will not have worn off.
3. Shave the leg the night before the procedure. You may shower the morning of your appointment. Do not use Arnica cream after shaving. Do not apply any oils or lotions to the leg.
4. It is important for you to have a small meal prior to coming in for your appointment. This is not general anesthesia and there is no need to arrive on an empty stomach. Your first dose of ibuprofen can be taken 1-2 hours prior to your appointment with this snack.
5. Bring the compression hosiery to the procedure. Your legs will be placed in wraps. Please wear loose fitting pants and comfortable shoes in order to allow for the wraps as you leave the office.
6. Please arrive 20 minutes prior to the procedure. You will be in the office for about 1.5 hours, with the procedure taking about 1 hour.
7. Again, feel free to call the office if you have any questions.