



Varicose Vein Treatment Pre-Op Instructions

- Bring a pair of shorts with you to each procedure (loosely fitting, older shorts as they may get stained with betadine cleaning solution).
- Ensure you have properly fitting compression stockings to wear after the procedure; **we sell them here in our office**, generally much cheaper than the pharmacy. Ask the nurse, and she can measure you for the correct size.
- If you have decided to take valium before procedure, please take 30 minutes before your appointment and ensure you have someone to drive you to and from your procedure.
- You may resume normal activities the day after the procedure.
- Wait at least 1 week after the procedure before getting into a pool or hot tub.
- Return 2-7 days following procedure to rule out presence of DVT and confirm closure of vein.
- Let us know if you take any blood thinners such as coumadin/warafin/lovenox and we will instruct you accordingly.
- Please eat meals as you normally would the day of surgery and take all your normal medications except for any blood thinners listed above.
- Please contact your insurance company prior to procedure to verify coverage and determine what co-insurance or deductibles you may be responsible for. Our office is not responsible for telling you your out of pocket cost for procedure but will be more than happy to provide billing codes to help you obtain that information.
- You must cancel your in office procedure at least 24 hours in advance to avoid a cancellation fee of \$100.00. There is a \$150.00 cancellation fee for ultrasounds not canceled within 24 hours.
- If you have questions about the procedure, please review our website at www.Vein-Cure.com where you can view videos and other helpful information. There is an option to contact Dr. Mountcastle via the “Contact Us” tab. You may also go to www.vnus.com to read more about the VNUS procedure.

If you have any questions or concerns, feel free to call Dr. Mountcastle's office at
703-858-3208