



R. Randolph Waterford, MD, FACS, RVT, RPVI
**Pre-Procedure Instructions for
Ambulatory Phlebectomy**

1. Please stop all aspirin products, as well as Advil and Motrin, 5 days prior to the procedure
2. Fill all of the prescriptions that you were given prior to the procedure. Bring the sedative to the office with you.
3. Arnica cream may help limit the bruising and inflammation. This can be applied one time the day prior to the procedure but is not essential.
4. Please arrange for someone to drive you home. 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.
5. 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.
6. 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. Please bring your sedative to the office with you on the day of the procedure.
7. Do not bring the compression hosiery to the procedure. Your legs will be placed in wraps. Please wear sweatpants or other loose fitting pants in order to allow for the wraps as you leave the office.
8. If you are on blood thinners, such as Plavix or Coumadin, please notify us immediately so we can contact your primary care physician.
9. Please arrive 30 minutes prior to the procedure. You will be in the office for about 2 hours, with the procedure taking about 1 hour.

Thank you again for choosing the Waterford Vein Institute of Hawaii. If you have any additional questions or concerns, please contact the office at 808-871-VEIN (8346).