



BHC Vein Center
100 Pilot Medical Park Drive
Suite 185
Birmingham, AL 35235
(205) 815-4800

PRE-OPERATIVE INSTRUCTIONS

1. Please arrive 30 minutes prior to your procedure time.
 2. Please be prepared to spend one to two hours in our office. Though the procedure does not last the entire time, it allows time to prepare you pre-operatively and post-operatively.
 3. Bandaging and local anesthesia may affect your ability to drive; therefore, we strongly recommend you make preparations for a driver to take you home the day of your procedure. Your driver does not have to wait during your procedure. He or she can be contacted by us when it is time for you to be discharged.
 4. If you have any known drug or latex allergies, please notify us prior to your surgery date.
 5. **If you are on any blood thinners (e.g. Coumadin, Plavix, aspirin therapy above 325mg per day, etc.) and have not discussed these with us, please notify us prior to your procedure date.**
 6. Continue taking all other medications and/or supplements as prescribed by your primary care physician or specialist(s).
 7. If you feel that you will be anxious during the procedure, your physician can discuss options to aide in your comfort. We offer patients the Pro-Nox Nitrous Oxide System at a cost of \$30.00 which is NOT covered by insurance **OR** (if recommended by your physician) valium can be used to decrease your anxiousness; however you do not have to take advantage of either of these. If chosen, valium will be called into your pharmacy the day prior to the procedure by 4:00 pm. Please bring the medication to the procedure with you and our clinical staff will advise you when to take it. You will **keep your remaining tablets** for future procedures. **Use of valium for a procedure does require that you have a driver with you.** If these options have not been discussed with you please give our clinic a call to review this with you.
 8. Be sure to stay hydrated by drinking several eight ounce glasses of water the day before and the day of surgery.
 9. Though we recommend bathing the day of your procedure, please refrain from using body moisturizers (lotions, creams, oils) on the leg that will be affected the day of surgery.
 10. Prior to your appointment please shave the leg, as well as 1-2 inches in the pubic area on that side.
 11. **You do not have to fast prior to your procedure.** You may eat and drink until the time of your surgery. We recommend light meals on the day of surgery. Also, avoid multiple carbonated or caffeinated beverages as they may act as diuretics.
 12. Please wear comfortable, loose pants or shorts the day of your procedure as binding clothing does not accommodate bulky post-operative bandages.
 13. **If you have any questions regarding the pre-operative instructions or any questions that we have not addressed, please call 205-815-4800.**
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