

# MINNESOTA VEIN CENTER

400 Village Center Drive, Suite 800, North Oaks, MN 55127 • *phone* 651-765-VEIN (8346) • *web* [www.mnveincenter.com](http://www.mnveincenter.com)

## **Pre-procedure Instructions:**

- Arrive 10-15 minutes before your scheduled procedure at our North Oaks office.
- Make driving arrangements with family/friend if you plan to receive light oral sedation.
- Eating a light meal before your procedure is recommended.
- Please avoid application of lotions to your legs on procedure days.
- Wear loose fitting clothing and comfortable shoes if possible.
- Plan to be at our office 2 – 3 hours, unless instructed otherwise.

## **Post-procedure Instructions:**

- Follow-up visits (20 minute post-procedure evaluations) will be at or around 1 week and again at 2 – 3 months.
- If you have a bandage/dressing applied, it will be worn for 2 days beneath your stocking.
- Stockings are worn for two weeks for all ablation procedures and seven days for phlebectomy only procedures.
- Walking for 10 minute intervals every 2-3 hours is encouraged for the first 2 – 3 days.
- Tylenol or Extra-Strength Tylenol may be taken for pain. Call our office days, evenings or weekends with questions or if concerns.

Follow-up appointments will be scheduled the day of your procedures.

(cont.)



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*Additional notes: A mild oral sedative is available in clinic on the day of your procedure upon your request.*

*Compression stockings will be provided on the day of your procedure.*

If you have any questions about your procedure or you need to reschedule any of your appointments please call our office at 651-765-8346 (1000)

At least a two and one-half week notice is necessary for rescheduling or cancellations.

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