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CTEV/ELAS (Laser Procedure) & Phlebectomy Information Sheet

Arrive **20 minutes EARLY**. Your time may change depending on the SURGERY schedule that day.

Surgery Date(s): _____, _____ at ____:____ am/pm
_____, _____ at ____:____ am/pm

ALWAYS BRING YOUR HOSE TO EVERY APPOINTMENT

Hose pricing is between \$35.00-\$65.00

After Hours Emergency Number: (859) 492-8124

Pre-Operative Instructions:

- ❖ Eat an adequate meal and drink water/fluids prior to coming for your procedure
- ❖ **DO NOT** wear any compression hose into the office on your surgery day(s)
- ❖ Continue taking your daily prescribed medications

Post-Operative Instructions:

- ❖ Continue your **normal** daily activities. **Walk 30 minutes daily**. No lifting over 40 pounds for the first 3 – 4 days
- ❖ Take the **Prescription Strength Motrin or Naprosyn**, as prescribed for 7 – 10 days. This helps to decrease inflammation that will cause the discomfort.
- ❖ Wear the compression hose continuously for the first **48 hours**. It is a bandage while healing.
- ❖ After the first 2 days, wear your compression hose during the **daytime ONLY** for 3 – 7 days; Wear hose for comfort, you do **NOT** need to sleep in the compression hose during this time
- ❖ Your follow up appointment will be in 4 – 6 weeks. Do not hesitate to call if problems occur
- ❖ **Dermaka Cream** is available for post op bruising. Apply 3 times daily. This can help reduce the discoloration the bruising will cause. \$30.00/ Tub

Additional Information:

- ❖ **Discomfort:** Oozing of incision sites are normal for the first 2 – 7 days. Be sure to keep the incision sites covered with gauze, pads, or Band-Aids. You may develop **Hard Knots** and/or **Ropey** feeling, **this is normal!** It can last for several weeks. You may also experience **swelling** or **numbness**, this is also **normal**. This can also last for several weeks.
 - **Use warm heat, heating pad, hot water bottle, or warm wash cloth on the hard knots for 30 – 45 minutes 2 times a day, if possible.**
 - **Be sure to take Aleve or Motrin as prescribed**
 - **CONTINUE TO WEAR COMPRESSION IF LEG IS PAINFUL AND/OR SWOLLEN**
- ❖ **Exercise: Regular walking** 30 minutes a day. Wait 5 – 7 days to resume athletic or training programs. If it hurts, try again at a later date
- ❖ **Pools, Baths, Hot Tub:** wait at least **4 – 5 days** before use. **Showers may be taken after 48 hours**

*** If you do not give 48 hour notice of cancellation, you WILL be charged for a surgery office visit. If you are LATE your surgery will be rescheduled. Remember there are other surgeries that day.***