



TOTAL
VASCULAR
WELLNESS

PRE-OP INSTRUCTIONS

- 1) Please take your medications as scheduled.
- 2) If you take a blood thinner, **STOP** taking it **FOUR (4) DAYS** before the day of the procedure.
- 3) You may eat a light meal before your scheduled procedure time. You may also drink water **TWO (2) HOURS** before your scheduled procedure time.
- 4) Wear loose comfortable clothing (NO jeans or tight pants, please)
- 5) Dr. Siddiqui will prescribe you compression stockings, please purchase your compression stockings prior to the procedure. Dr. Siddiqui will recommend that you wear them after the procedure for 3 months.
- 6) Dr. Siddiqui will provide you Xanax (or equivalent) for conscious sedation during the procedure. This medicine will help you relax during the procedure. We will call the medication in to your selected pharmacy **ONE DAY PRIOR** to the scheduled procedure day.
- 7) Please pick up the medication **PRIOR** to the procedure from your selected pharmacy. If you arrive to the office without the medication, you may elect to have the procedure done under local anesthesia only. If you want to have the medication and did not pick it up, we will move appointments ahead or we can **CANCEL/ RESCHEDULE** your procedure and you will be charged \$250 before you can schedule your next procedure day and time.

DAY OF PROCEDURE

- 1) **** PLEASE ARRIVE 30 MINUTES BEFORE YOUR SCHEDULED PROCEDURE** If you do not arrive 30 minutes prior to your procedure, the office reserves the right to bump you to a later time or reschedule you for another day or time. We will charge you \$50 for having to reschedule.**
- 2) You will be asked to sign a consent form and schedule a post-op sonogram prior to taking your medication.
- 3) **** DO NOT take your MEDICATION until you arrive in the office and instructed by one of Dr. Siddiqui's staff members to take the medication.****
- 4) Please have someone drive you to the office for your procedure. You will also need to have someone drive you home after your procedure is complete. **DO NOT DRIVE for 24 hours after your procedure.**
- 5) Please plan on being here for 2-3 hours for your procedure.

If you have any questions or need any further explanation, please call the office at (817) 225-2716.

Patient's Signature

Office Staff Signature

Patient's Printed Name

Office Staff Printed Name

_____/_____/_____
Date



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POST-OP INSTRUCTIONS

- 1) Your leg/ legs will be wrapped with a Kerlix and Coband after your procedure. Please keep the leg/ legs wrapped for 72 hours post-op.
- 2) After 72 hours, you may remove the bandages and clean/ bathe as normal. Please wear the prescribed compression stockings after the bandages are removed. You will wear these compression stockings for 3 months.
- 3) If the bandages/ wraps are too tight or uncomfortable, please take it off and leave them off.
- 4) It is IMPORTANT to take an anti-inflammatory or prescribed pain medication per your physician's orders.
- 5) Return to normal activities 24 hours after your procedure.
- 6) Ambulate at frequent intervals, at least 30 minutes daily.
- 7) DO NOT sit or stand for long periods of time.
- 8) Elevate your leg above your heart for 20 minutes at least 3 times a day.
- 9) Refrain from strenuous activities or heavy lifting for 3 days.
- 10) Avoid long flights and/ or long drives for two (2) weeks.

- 11) **** PLEASE SCHEDULE A POST-OP SONOGRAM**** It is important that you schedule and show up for your post op sonogram. This will rule out any potential DVT (Deep Vein Thrombosis or Blood Clots) that may develop after the procedure.

WHAT TO EXPECT POST-OP

- 1) You may experience occasional moderate discomfort 12-18 hours post-op, after the local anesthesia wears off. Take your pain medication as noted above.
- 2) You may experience a band of redness along the inner thigh.
- 3) You may experience mild to moderate bruising along the inner thigh.
- 4) You may experience mild to moderate blistering along the inner thigh.
- 5) You may experience moderate pink drainage from your leg, sometimes soaking the bandage. This is the local anesthesia fluids draining out. This is normal.
- 6) You may experience occasional numbness or tingling along the inside calf and ankle.
- 7) You may experience mild to moderate leg and ankle swelling.

If you have a medical emergency, call 911. Call our office at (817) 225-2716 or (817) 509-9090 if you experience any problems not listed above.

Patient's Signature

Office Staff Signature

Patient's Printed Name

Office Staff Printed Name

Date