

Pre Procedure Review Sheet

This note provides a summary of the topics discussed with your doctor. The topics listed below will highlight what you will need to do to prepare for your procedure. These instructions will minimize the discomfort of the procedure and will assist in your rapid recovery to normal activity.

Compression Stocking:

This 20-30 mmHg thigh high stocking is imperative to your recovery, for they provide 80% of your pain control. You will wear this stocking for two weeks and sleep with it the first two nights after your procedure. The stocking may be removed to shower, but please, avoid bathing for five days.

Stocking Glue:

Your thigh is normally a larger diameter at the top and tapers down towards the knee. Because of this anatomy, your stocking will want to slide down your thigh. It is imperative to keep your stocking pulled up into the groin (the crease between your abdomen and thigh). The glue is very effective in maintaining this position.

Arnica:

This is an herbal medicine that will minimize the swelling and bruising of the procedure. The medicine will reduce the post procedure discomfort by 50-70%. We find this medication extremely effective when used for this procedure. There are no documented drug interactions or side effects.

There are two components:

1. Pellets: The pellets are placed under your tongue and allowed to dissolve. You should be taking **5** pellets, three times a day, beginning **2** days prior to your procedure and continue them for **14** days.
2. Gel: We will apply this gel immediately after your procedure. You will then apply the gel one to two times a day for **14** days or until the bruising subsides.

Purchase:

Most insurance companies do not cover the items above. For your convenience, you may purchase the items here in the office, or you can pick them up at specialty retail stores. If the items are purchased here, we will give you your Arnica pellets to take home, but store the other three items in the office. We will keep the items here so you may put your mind at ease on the day of your procedure.

Sedation:

You should take the prescribed sedative one hour prior to your procedure. This sedative is designed to limit the anxiety associated with any procedure. Your doctor highly recommends the use of this medication. If you do not choose to take the sedative, please notify the office prior to your procedure day.

Advance Beneficiary Notice:

This form outlines your financial responsibility. The cost of the procedure will be listed. The office will make every effort to ensure your claim is reimbursed by your insurance company. However, once our processes have been exhausted, we will need your assistance to ensure that your claim is properly reimbursed.

Stop at the front desk as you leave, or feel free to call us, and we will be more than happy to assist you with any issues or questions you may have.