



Cosmetic Vein Centers of Virginia

Preoperative Instructions for Ultra Sound Guided Sclerotherapy

You will be here for approximately ½ an hour to 1 hour. Please wear clothing that is loose and comfortable. You may bring loose fitting shorts with you, or we will provide you with a pair.

Do not use any lotion/oils on your legs the day of your appointment

Compression Hose: You will be fitted for these prior to the surgery or on the day of surgery. The hose are to be worn constantly for the first 48 hours. It is required that you wear the compression hose for 2 weeks during the day after the dressing is removed.

Exercise: Wait at least 1 week before resuming heavy exercise. **Walking is encouraged.**

Return Appointments: Schedule your follow up appointment upon arrival the day of surgery.

Transportation: You will need to have someone drive you home.

Meals: You may have a light meal prior to surgery.

Cancellation: A two (2) day notice must be given for any surgery cancellation, or you will be billed a \$200.00 cancellation fee.

Payment: Payment / Copayments are due at the time of service. We accept most insurance cards, American Express, Master Card, Visa and Discover. We also accept cash and personal checks.

If you have any questions please contact us at (540) 552-VEIN (8346).

1901 South Main St., Suite 2
Blacksburg, VA 24060
Phone 540-552-VEIN (8346)
Fax 540-951-VEIN (8346)
www.veinrx.com



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Ultra Sound Guided Sclerotherapy Post-Operative Instructions

- Take it easy today, but be sure to walk 10 minutes every hour. It is not necessary to get up during the night. The next day you should resume your normal activities excluding exercise; when sitting, elevate legs.
- Take Motrin or Aleve for pain in package recommended dosage.
- You may experience some bruising and tenderness in at the treated site.
- Compression bandage will remain on for 48 hours. Remove compression bandages/hose and take a shower. After showering, put on your compression hose; they will remain on during the day for two weeks.
- Wear your hose during the day until you retire to bed in the evening.
- Return for your post-operative appointment on _____,
at: _____.
- Dr. MacMillan will advise you when weight impact exercise is permitted.
- The use of hot tubs or swimming in public pools is not permitted for 2 weeks.

If you have any questions or concerns please contact our office at: 540-552-8346

REMEMBER, YOUR POSTOP APPOINTMENT IS:

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Varicose Vein Treatment Consent

I understand that medicine is not an exact science, and that even though the vast majority of patients are satisfied with their results, there is no guarantee that I myself will be satisfied with the improvement of my varicose veins after treatment. I acknowledge that the following topics have been explained to me, and that I understand the explanations I was given. I have had the opportunity to ask any questions.

Methods/Options:

- 1) Prior to any procedure the physician will consult the patient.
- 2) The consultation time will allow for assessment of the problem, determination of a diagnosis and development of a treatment plan and what my options are if I chose to do nothing about my vein problem.
- 3) Diagnostic evaluations utilizing Doppler and or ultrasound may be required.
- 4) Photographs of the treatment area will be taken for the chart and for future comparison.
- 5) Treatments include: Ultra Sound Guided Sclerotherapy

Risks/Complications:

- 1) Poor results due to persistent high pressure.
- 2) Skin staining (hyper pigmentation).
- 3) Swelling, bruising, and or discoloration.
- 4) Inflammation or trapped blood.
- 5) Skin ulceration and "freckle" scar formation.
- 6) Telangiectatic matting (new tiny "blush" vessels, usually temporary).
- 7) Allergy to medications, tape, or stockings.
- 8) Fainting from nervousness
- 9) Risk of blood clots after surgery or from untreated varicose veins.
- 10) Reoccurrences of varicosities.
- 11) Thrombosis

Benefits:

- 1) Symptoms improve.
- 2) Improved appearance.
- 3) Prevent the spread of disease to other connected veins.

I recognize that even though any particular problem may be extremely rare, it is always possible that any patient may have one of these problems. I accept that possibility for my own treatment. I understand that I am responsible for my own medical bills. I understand that unless otherwise agreed in writing, I must pay my bill in full at the time of each visit. If this medical practice agrees to accept initial insurance assignment for some portion of my medical care, I authorize this medical practice to submit bills to my insurance company and to receive reimbursement directly from my insurance company.

Signature: _____ Date: _____

Witness: _____ Date: _____

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Insurance Notification

Your insurance company will only pay for services that it determines to be reasonable and medically necessary. If your insurance determines that a particular service is not medically necessary (cosmetic), it may deny payment for the services rendered today. The service(s) include:

Ultrasound Guided Sclerotherapy

I have been informed that in my case, my insurance company may deny payment for the services I received today because the services rendered may not be considered reasonable and medically necessary (cosmetic). If my insurance company denies payment, I agree to be responsible for all the charges:

\$500.00

I request that payment of authorized insurance benefits be made on my behalf to Cosmetic Vein Centers of Virginia for any services furnished to me by that provider. I certify that the information given by me to Cosmetic Vein Centers of Virginia in applying for payment under my insurance program is correct and complete. I authorize release of all records required to act on this release and assignment.

**YOUR SIGNATURE IS NECESSARY FOR US TO PROCESS YOUR INSURANCE CLAIMS
AND TO ENSURE PAYMENT OF SERVICES RENDERED.**

Signed: _____ Date: _____

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Varicose Vein Fact Sheet

Varicose veins are surface veins which have become dilated (stretched out) and cease to function properly. Rather than promoting blood return to the heart, they allow blood to pool in the vein which increases the pressure even further. This, in turn, causes the vein to get larger, the valves to leak even more, and so on. There is no way to return the vein to normal size, shape, and functionality so the varicose veins must be eliminated to restore proper blood flow and improve the circulation. The veins appear to be bluish in color. However some are too thick or too deep to impart much color. The dilated veins often bulge out and look like rope or worms under the skin. They can result in aching, tired, and swollen legs; produce a burning, throbbing, or itching sensation; and cause muscle cramps and a general restlessness in the legs.

A number of factors contribute to the development of varicose veins, including heredity, pregnancy and other events that cause hormonal shifts, weight gain, occupations or activities that require prolonged sitting or standing, and the use of certain medications.

Endoluminal Laser Ablation of the Saphenous Vein is a method used to treat varicose veins. A thin fiber is placed into the affected vein. Laser energy is then delivered through the fiber to damage and eventually eliminate the vein. Once the laser energy has been applied, the fiber is then removed and a compression bandage is put on your leg. There is relatively no “down time” for this procedure, normal activities can be resumed immediately.

Microphlebectomy is another method used for eliminating varicose veins. A specially designed instrument is used to remove the veins through tiny skin openings. No stitches are required and no scarring occurs. Afterwards compression hose are worn. There is usually little discomfort and relatively no down time. Most patients return to work and normal activities within 1 to 2 days.

Ultra Sound Guided Sclerotherapy is a method for eliminating veins by injection of a sclerosant. The sclerosant used is Polidocanol, and it effectively eliminates most veins. It is often injected as “foam” to improve its effects. Polidocanol is not yet FDA approved but is widely used in the United States and is considered by many vein specialists to be safest sclerosing solution with the least amount of side effects.

Compression Stockings are used with our procedures in order to produce better results. We use Sigvaris stockings with 30-40 compression. These can also be worn to help prevent or slow the progression of vein conditions later in life.

If you are pregnant or breastfeeding, you may be advised to postpone treatment. In most cases, veins that surface during pregnancy will disappear on their own within three months after the baby is born.

Risks associated with our procedures: Poor results due to persistent high pressure, skin staining (hyper pigmentation), swelling, bruising, and or discoloration; inflammation or trapped blood, skin ulceration and “freckle” scar formation, telangiectatic matting, allergy to medications, tape, or stockings; fainting from nervousness, risk of blood clots, reoccurrences of varicosities, and thrombosis.

RECOMMENDATIONS FOR BETTER LEGS

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REGULAR EXERCISE

Walking, running, stairmaster, aerobics, swimming, elliptical machine, or biking for 30 minutes, 5-7 days per week will help reduce aching, pain and tiredness in your legs.

ELEVATE YOUR LEGS

Elevating your legs above heart level for at least 10 minutes once or twice daily may diminish aching and swelling.

MOVE YOUR LEGS FREQUENTLY

Flexing your ankles 10 times will pump the blood out of your legs like walking does. Repeat this every 10 minutes while standing or sitting and try to walk for at least 2 minutes every half hour.

AVOID WEARING HIGH HEELS

Wearing high heels interferes with the normal pumping action that occurs when you walk and may lead to aching and cramping of the legs.

MAINTAIN A PROPER WEIGHT

Even moderate weight loss may reduce aching in the legs due to varicose veins and diminish the rate at which spider veins develop.

WEAR SUPPORT HOSE

Available at pharmacies and medical supply stores. There are many brands to choose from. Lighter support stockings are available at department stores. However, it is best to wear a stocking that is labeled "graduated" as this will really help to improve your vein function.

Light support: 4-14 mm

Moderate support : 15-20 mm

Heavy support : 20-30 mm

Prescription strength: 30-40 mm or above

David T. MacMillan, M.D., FACS

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