



Pre-Treatment Instructions - Varicose Vein Ablation

Following these instructions in preparation for your procedure will greatly help us to provide you with the most efficient, effective and comfortable treatment possible.

1. Shower and wash legs thoroughly the day of treatment. Do not apply anything to legs, including cream, lotion or moisturizer. Do not wear any fragrances.
2. **No food** for (3) hours before your appointment. A light meal or snack earlier in the day, if possible, is fine. Please drink only water before appointment.
3. No aspirin or aspirin-containing medication for five (5) days prior to procedure. No ibuprofen (Motrin, Advil) or Vitamin E for five (5) days prior to procedure. Use Tylenol instead, if necessary.
4. No alcohol and no smoking for (2) days prior to procedure.
5. Wear loose, comfortable clothing the day of treatment. Shorts or skirts are best as they are easy to put on afterwards. Please bring a pair of socks to keep feet warm. You will be asked to remove socks, trousers and shorts prior to treatment, leaving on undergarments for the procedure.
6. Medications prescribed by us must be purchased in advance of your appointment.
7. If you have already purchased compression hose, please bring them with you to all appointments. If you do not have compression hose, you must purchase them at our office before your procedure.
8. Please avoid the following nutrients and plant medicines (10) days before and (2) weeks following your procedure:
 - Vitamin E- more than 400 iu daily as a supplement
 - Fish or flax seed oils- reduce large amounts by half if taking them, and continue to take with meals
 - Ginkgo Biloba
 - Melilotus albus/officinalis
 - Trifolium pratense (Promensil) & other menopause formulas with red clover
 - Galium triflorum
 - Vinpocetine
 - Coleus forskolii
 - Hypericum perforatum (St. John's Wort)

***Please do not hesitate to call us at 650-364-3600
with any questions or concerns.***