

### Preparations for Treatment

1. **Bring your compression hose with you to every appointment.** Use your prescription to obtain your hose at a medical supplier or you may purchase the stockings at the clinic. Our cost is \$75.00 for thigh high stockings or \$45.00 for knee high. If you need to buy stockings from us the day of treatment, you will need to sign a waiver since your insurance may not cover the charge for stockings. We encourage you to purchase the stockings when prescribed from a local vendor of medical equipment.
2. **Please arrive 15 minutes early** in order to sign consent forms for each procedure.
3. **Bring a pair of comfortable shoes.** You will be asked to walk on the treadmill for 15-20 minutes after your procedure. Sandals with a toe groove do not work well with stockings.
4. Do not apply moisturizers to your legs on treatment days.
5. Do not shave your legs on the day of your treatment.
6. **Do not fly for at least 48 hours after treatment** because of the rare risk of DVT (deep vein thrombosis).
7. Nitrous Oxide (laughing gas) is available to most patients for procedures but **if you prefer to take a dose of oral sedative (Xanax) you will need to arrive at the office 30 minutes prior to your appointment time and you will need a driver to drive you home.** You do not need a driver if you use the nitrous oxide.
8. You will need to **wear your stockings** as indicated by Dr. Douglass after treatment for up to one week after laser ablation and microphlebectomy, and for two weeks after foam sclerotherapy. Dr. Douglass recommends wearing the stockings for up to three weeks after cosmetic spider vein sclerotherapy in order to maximize results.
9. Do not lift over 40 lbs for one week after endovenous laser and ambulatory phlebectomy.
10. Plan on avoiding direct sun exposure to your legs for two weeks after sclerotherapy treatments.
11. **If you have any questions, call our office at (865)686-0507 Monday- Thursday between 8:00am-6:00pm.**
12. **There is a \$50.00 fee for no shows and cancellations made less than 48 hours before scheduled treatment.**