



PROCEDURE INSTRUCTIONS

Before Procedure

- Drink plenty of water
- Bring stockings, if you have them
 - 20-30mmhg, thigh high

After Procedure

Stockings:

- Wear stockings for 48hrs straight
- Then, the following 5 days, during the day. You can remove for nighttime/sleep

For at least 2 weeks following procedure:

- **NO** hot water showers/baths, sauna, or sunbathing
- **NO** lifting weights for 20lbs

Keep walking and drink plenty of water!

If any mild pain you can take motrin, advil, aleve, or naproxen. If any SEVERE pain go to the nearest Emergency Room (ER).

Soffer Health Institute
954-573-7051 (Weston)
305-792-0555 (Hollywood)
ke@sofferhealth.com