

About RIA Endovascular

RIA Endovascular has five board-certified, fellowship-trained interventional radiologists who practice in our office and in hospitals around the region. Our medical practice is skilled in the diagnosis and treatment of venous and arterial conditions using minimally invasive, non-surgical procedures. RIA Endovascular staff includes nurse practitioners, nurses, vascular sonographers, medical assistants, a precertification insurance specialist and others. We truly appreciate your trust in us.

Your Health is Our Main Concern

The purpose of this packet is to explain what to expect before, during and after leg vein treatments. **Please familiarize yourself with the contents of this packet.**

Initial Clinical Evaluation

In the initial clinical evaluation, which is billed to your insurance company, you will meet with one of our sonographers, a medical assistant (MA) and then a nurse practitioner or physician assistant. We will:

- 1. Perform an ultrasound of your legs.** Please arrive on time for your scheduled appointment with the sonographer. If you are late, we will need to reschedule your appointment.
- 2. Take photos of your legs.** The medical assistant may photograph your legs from various angles and take close-ups of specific areas for your medical chart and insurance purposes.
- 3. Meet with a provider to:**
 - Obtain your medical history.
 - Review and discuss the results of your diagnostic ultrasound.
 - Provide you with a prescription for compression hose.
 - Discuss a recommended treatment plan with you in the event the compression hose do not solve the problem.
 - Answer your questions.

Precertification Process

- If you are using insurance and the doctor indicates that the 3-month trial with compression hose has not alleviated the vein issues, our dedicated precertification specialist will forward the proposed treatment plan and all pertinent information to your insurance company. Every attempt will be made to pre-certify your procedure(s).
- Please note: Preauthorization is NOT a guarantee of payment. Benefits are determined at the time your claim is submitted after the procedure. Your insurance policy is a contract between you, your employer (if applicable) and the insurance company. As medical care providers, our relationship is with you; it is not with your insurance company. **Therefore, any remaining balance is your responsibility.**
- We are now accepting Care Credit to cover costs of procedures

Precertification Specialist

720.493.3614

Some insurance companies reserve the right to take up to **one month** before ruling on precertification for procedures. If you have not heard from us within 14 business days, feel free to call the Precertification Specialist to check on the preauthorization status.

Billing Questions

1.833.699.0099

Billing is handled by the corporate billing department. Please call them for all billing questions.

What to Expect

Key things to know so you can plan ahead ...

- Get your compression hose prescription filled as soon as possible and bring them with you to every scheduled appointment. Your procedure will be cancelled if you do not have the compression hose.
- After your procedure, plan on wearing your compression hose continuously for 24-72 hours (depending on which procedure are performed) and then during the day for 2 weeks, unless otherwise instructed.
- Plan to arrive 30 minutes before your treatment/procedure time.
- Arrange transportation for treatment visits.
- While normal activity is recommended after leg vein treatment, **avoid heavy aerobics, weight lifting and strenuous activity for at least a week and possibly two weeks (depending on the procedure).**
- **Flight travel, extended car travel and hot tubs are not recommended for the first two weeks post-op.**

Want to learn more
about your procedure?

Visit riaendovascular.com.

Give yourself time to heal.

- Sometimes legs look worse before they look better, but usually progressively feel better. This is normal.
- Following post-procedure instructions, including wearing the compression hose as required, accelerates healing time.

Questions?

Call RIA Endovascular at 720.493.3406

Thank you for placing your trust and good health care with RIA Endovascular.

Bring Your Compression Hose

You should have a prescription for compression hose that you will need to have filled. Please bring your compression hose with you to your appointment.

Arrange Transportation

Please arrange for someone to drive you home. You may have a conversation with the provider to determine if you would like medication for anxiety. You will be in the office for approximately 2 hours. The actual procedure itself typically only takes about one and a half hours.

Shave Leg(s) To Be Treated

Shave the entire operative leg the night before your surgery.

Medications

Do not use any aspirin products for four (4) days prior to having the procedure. If you are on blood thinners please notify us immediately so we can speak with your primary doctor and determine a course of action.

Food

Do not come to the office on an empty stomach. You will not be having general anesthesia. We encourage you to have a small meal 1 to 2 hours prior to arriving at the office.

You must bring your compression hose the day of the procedure. Unfortunately, your procedure will be cancelled if you do not have the compression hose. Please do not wear flip flops to your appointment.

It is VERY important that you arrive on time for your procedure.

Questions?

Call the office at 720-493-3406.

Procedure Guidelines

Procedures are done in the office. Please allow one and a half to two hours for each Vein Ablation procedure.

Please allow 30 minutes for each FOAM or Varithena procedure.

You must bring the compression stockings with you. You will have the option of taking Valium for your vein ablation procedure, which we will provide at the time of your procedure. The Valium may make you slightly drowsy but will not put you to sleep.

You will need to change into a hospital gown when you arrive. You may leave your underwear on. You'll meet with the physician and discuss and sign the consent form. After the consent is signed, we will give you the Valium if desired.

We'll then prep and drape the leg. The room may be darkened during most of the procedure. You may experience a burnt taste or smell for a brief time during the procedure.

At the end of the procedure, we will assist you in putting on the stocking. You will be given discharge instructions and we will verify that you are schedule for a one week follow up appointment.

What to Expect After Your Procedure:

- Bruising can be significant.
- Soreness is usually alleviated by taking Ibuprofen or Tylenol routinely for the first three to four days.
- Walking at least two times per day for 20 minutes is encouraged.
- Elevate the leg for five to ten minutes several times per day.
- If you have had the Laser Ablation, you may experience extensive bruising and a tightness or pulling sensation along the course of the treated vein.
- You may return to normal activity the day after your procedure.
- You will be required to wear compression stockings for two weeks.

Follow Up

An office visit will be scheduled seven to ten days after your procedure.

Your FOAM Sclerotherapy injection will be scheduled one month after your procedure. **Typically it's a series of 3 injections per leg.**

Foam Sclerotherapy Injection is a minimally invasive technique injecting a foam sclerosant (sealing) agent into the vein. This injection restores normal blood flow throughout the veins after an ablation.



Prescription Compression Hose

8200 E Belleview Ave, Suite
600E Greenwood Village,
CO 80111 Phone:
720.493.3406
Fax: 303.643.4510

RIAEndovascular.com

Purchase Your Compression Hose as Soon as Possible

To order your **20-30mm/Hg graduated thigh-high compression hose**, bring your RIA Endovascular prescription to a medical supply store that has a certified fitter who can measure you for a proper fit. Call ahead to set an appointment. Visit in the morning, as your feet and legs tend to swell as the day wears on. See below for some suggestions.

If possible, purchase off-the shelf, ready-made stockings. Most patients after being measured will be able to purchase ready-made stockings. While most of the vendors listed here carry a variety of colors, sizes and styles in stock, sometimes your particular hose may need to be specially ordered. Therefore, we recommend that you obtain your hose as soon as possible.

Make sure you can easily put the stockings on and take them off. We recommend trying on your compression hose at the store.

Bring your hose to every RIA Endovascular office visit.

Compression hose stockings are NOT covered by insurance.

Local Compression Hose Vendors

You Can Home Medical

4875 E Evans Ave Suite 101, Denver, CO 80222
Phone: 303./376.7449
Fax: 303.759.9938

9845 S. Parker Rd., Parker, CO 80134
Phone: 303.840.4444
Fax: 303.840.4446

1140 E South Boulder Road, Louisville, CO
80027 Phone: 303.665.9569
Fax: 303.840.4446

8086 W. Bowles Ave., Unit G1, Littleton, CO
80123 Phone: 720.484.5496
Fax: 303.840.4446.

Clear Springs Pharmacy

8031 Southpark Circle, Littleton, CO 80120
Phone: 303.707.1500
Fax: 303.707.1717

Aspen Medical Supply

250 E. Dry Creek Road, #114
Littleton, CO 80122
Phone: 720.322.0101
Fax: 720.322.0111

Online Compression Hose Vendors

First-time buyers will need to measure your legs on your own. Each brand of hose provides measurement guidelines and a grid to determine proper fit. Once you have been properly fitted, additional pairs can be ordered online. A local online company called **compressionguru.com** (888.550.2709) offers our patients a free care kit with a \$50 purchase when you mention coupon code **RIA**.

Additional Compression Hose Vendors

City Drug
101 S College Ave
Ft. Collins, CO 80524
970.482.1234

250 E Dry Creek Rd,
#114
Littleton, CO 80122
Phone: 720.322.0101

**Good Day
Pharmacy**
2121 E Harmony
Road Ft Collins,
CO 80528
970.204.9111

1925 W Mountain View
Ave Longmont, CO
80501
303.776.0709

1 N Parish
Johnstown, CO 80534
970.587.4611

2601 South Lemay
Ave #42 Fort Collins,
CO 80525
970.225.1234

Havana Pharmacy & Medical Supply
1555 S Havana St,
Unit HJ Aurora,
CO 80012
303.750.3600
(9am-6pm, Closed on Weekends)

Mountain View Medical Supply
5076 W 58th Ave
Arvada, CO
80002
303.455.1300

Online Only
800.714.7434
www.sunmedchoice.com

* **Do you need custom hose?** Most people don't, but if height and/or weight are considerations, you may need to order custom-made hosiery. These hose are more expensive than ready-made ones. Custom hose require specific measurements by a certified fitter, as well as a room where you can lie down to be measured. Vendors marked with an asterisk provide this service.

We rely on our patients' confidential feedback to keep this vendor list updated. Did you find a great vendor? Did you get great (or poor) service? Were you measured properly? Did a vendor go out of business? Let us know and we will keep this list updated for future use. Send comments and updates to results@riaendovascular.com.