



Tri-City Vein and Vascular Center

Dear Patient,

Thank you for entrusting Tri-City Vein and Vascular Center with your vein care. Your physician has recommended venous treatment(s) to address your condition. We are dedicated to supporting your treatment plan and equipping you with comprehensive information to ensure your confidence in the care you receive. In recognition of the importance of transparency, this letter includes details on the financial aspects of your treatment.

Financial Considerations

Under the terms of your insurance policy, your out-of-pocket costs may exceed your standard copayment. In most instances, you must satisfy your deductible and coinsurance requirements before coverage begins. We recommend contacting your insurance provider's customer service line (located on the back of your insurance card) to verify your current deductible balance. Please note that many plans have transitioned to high-deductible health plans, requiring a substantial deductible to be met prior to benefits activation.

Our Venous Authorization Representatives conduct a thorough review of your insurance benefits to maximize coverage. This verification process typically requires up to three weeks (business days) to complete. Our priority is to deliver exceptional care and efficient service.

For assistance, please contact our Authorization/Referral Department at 480-844-0401 and request to speak with a Venous Authorization Representative.

Enclosed with this letter is additional guidance to optimize your experience at our vein clinic.

Sincerely, The Physicians and Staff of the Tri-City Vein and Vascular Center

Radiofrequency Ablation (RFA), VenaSeal, or Varithena Procedure

Our vein center staff will contact you to schedule your procedure(s).

Procedure Duration and Location

Please allocate approximately one hour for the full procedure, including preparation, the treatment itself, and post-procedure care.

All venous procedures and ultrasound appointments are conducted at our dedicated Vein Center:

- Tri-City Vein and Vascular Center 143 S. 63rd St. Suite 200 Mesa, AZ 85206

Contact: 480-505-5236

Compression Therapy

Compression therapy is a vital component of your pre- and post-procedure care. You will require a 20-30 mmHg thigh-high compression stocking to wear following the procedure.

We offer stockings for purchase in our office, with pricing as follows:

- Single stocking: \$16.00–\$33.00
- Pair of stockings: \$32.00–\$66.00

Please note that we are unable to submit insurance claims for compression stockings.

Pre-Procedure Preparations

Activity Before Your Procedure

- Avoid caffeine-containing products for at least 12 hours prior.
- Refrain from eating for four hours before your appointment, unless you are diabetic, opting out of pre-procedural Valium, or undergoing a Varithena procedure.
- If diabetic, maintain your regular meal schedule.
- Continue taking all prescribed medications as usual.

Activity on the Day of Your Procedure

- Hydrate generously the day before and the day of your procedure.
- Wear loose, comfortable clothing, particularly below the waist.
- Choose non-skid footwear for safety.
- When you choose to receive pre-procedure medication (Valium), you must arrange for a designated driver to accompany you. Please note they must remain in the lobby during the procedure for transporting you home.

Frequently Asked Questions

Will I receive medication during the procedure? For your comfort, we offer oral Valium prior to the procedure to promote relaxation and alleviate anxiety. If you choose this option, a driver must accompany you to the facility, wait in the lobby, and drive you home safely. Please note that Valium is **not** permitted for Varithena Procedures.

What occurs upon arrival? Arrive 30 minutes before your scheduled procedure time to allow for room preparation and any necessary pre-medication (Valium). If you are choosing not to pre-medicate, we kindly ask that you arrive 15 minutes prior to your scheduled procedure. A medical assistant and sonographer will prepare your leg for the treatment. The physician will review the plan with you, address questions, and address any concerns.

Can family members accompany me during the procedure? To ensure focused care and preserve your privacy, family members are kindly requested to wait in the reception area.

Post-Procedure Instructions

Activity After the Procedure

- Avoid prolonged sitting or standing for three days.
- Refrain from strenuous activities or lifting more than 20 pounds for three days.
- Avoid long-distance travel (e.g., flying or extended driving) for one week.
- Avoid pedicures and do not use hot tubs or pools for three days.
- Engage in regular walking throughout the week following your procedure.

Dressing and Wound Care

- Remove the bandages after 24 hours.
- Keep the incision site clean.
- **Post-RFA:** Wear compression stockings during the day for seven days. Remove them at night and for showering.
- **Post-VenaSeal:** Wear a compression stocking during the day for 3 days post procedure. Remove them at night and for showering.
- **Post-Varithena:** Wear the bandages continuously for the first 48 hours. Thereafter continue wearing your compression stocking day and night for 14 days.

Managing Discomfort or Concerns

- Use prescribed or over-the-counter analgesics (e.g., Tylenol, Advil, or Motrin) as directed.
- Apply a cold compress to reduce swelling.
- Use a warm compress (e.g., a warm towel or low-setting heating pad) for soreness or tenderness.
- Contact us immediately for new sharp pain, redness, rash/itching, fever, or persistent significant swelling.

- Seek emergency care if you experience new chest pain or shortness of breath and cannot reach our office.

Follow-Up Care

A post-procedure ultrasound is required 2–14 days after treatment.

Compression Stocking Options

The Mediven brand compression stockings provide 20–30 mmHg compression and are latex-free.

Return Policy: Pairs may be returned or exchanged within two weeks of purchase, provided the items are in their original packaging. Single stockings are non-returnable/non-exchangeable.

Product	Description	Price (Pair/Single)
Sheer & Soft Thigh – High	More sheer, lightweight, easy to apply; lace top brand	\$66/pair or \$33/single
Sheer & Soft Knee High	Sheer, lightweight, easy to apply	\$46/pair or \$23/single
Duomed Advantage Thigh-High	Economic, durable, yet comfortable	\$32/pair or \$16/single
Duomed Advantage Knee-High	Economic, durable, yet comfortable	\$32/pair or \$16/single
Circaid Juxtalite Knee-High	Easy-apply Velcro wrap-around design	\$74/single
It Stays Product	Helps secure stockings in place	\$8
Assure Butler	Stocking removal aid	\$28
Butler Off	Stocking removal aid	\$30
Medi Compliance Kit	Includes garment bag, wash sample, and gloves for safe application	\$9

Additional Notes:

- Most products feature a silicone top band (except Sheer & Soft Knee-High, Duomed Advantage Knee-High, and Circaid Juxtalite Knee-High). If silicone-sensitive, a thigh-high without the band can be special ordered; pair with "It Stays" adhesive for retention.
- For unavailable sizes or colors, we can special-order with home delivery in approximately one week. There is an additional cost for shipping. Pre-payment is required. Specify size, color, open/closed toe, stocking type, and shipping address. Product boxes detail available colors.

Vein Center Direct: 480-505-5236