



What is a Vascular Procedure?

A **vascular procedure** is a minimally invasive treatment performed to restore healthy blood flow in your arteries or veins. These procedures are guided by advanced imaging and performed through a small puncture, allowing your vascular specialist to treat blockages, improve circulation, and relieve pain without traditional surgery.

At our practice, we specialize in several types of vascular procedures designed to target specific conditions affecting the legs, knees, and feet.

Types of Procedures We Perform:

1. Atherectomy

Atherectomy removes plaque buildup inside the arteries using a tiny rotating or laser device. This helps open narrowed vessels and restore normal blood flow to the legs and feet.

2. Angioplasty

During angioplasty, a small balloon is inserted into the narrowed area of the artery and inflated to widen the vessel, improving blood flow.

3. Angiogram

An angiogram is a diagnostic imaging test used to visualize your blood vessels. A contrast dye is injected, and X-ray images are taken to identify blockages or narrowing before or during treatment.

4. Genicular Artery Embolization (GAE)

GAE is a minimally invasive procedure for patients with **knee pain caused by osteoarthritis**. It reduces inflammation by blocking abnormal blood vessels in the knee joint, providing long-lasting pain relief.

5. Plantar Fascia Embolization (PFE)

PFE treats **chronic heel pain (plantar fasciitis)** by reducing excess blood flow to the inflamed tissue in the heel, offering significant pain relief without surgery.



Preparation Instructions:

Please follow these instructions carefully to ensure your safety and the best possible outcome.

1. One Week Before Your Procedure



Blood Draw:

- Go for your **blood draw one week before** your procedure.
 - This helps your provider ensure your lab results are within safe limits for the procedure.
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2. The Night Before Your Procedure



No Food or Drink After Midnight:

- Do **not eat or drink anything after midnight**, including water, gum, or candy.
 - This helps prevent complications during the procedure.
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3. The Day of Your Procedure



Transportation & Support:

- You will need someone to **drive you home and stay with you for the evening/night** after the procedure.



Clothing:

- Wear **casual, loose-fitting clothing** to your appointment.



Health Conditions:

- If there is a possibility you are **pregnant, feeling ill, or unable to make your appointment**, please notify our office immediately.



For Patients Taking Insulin:

- Check your **blood sugar** the morning of your procedure.
- If your sugars are higher than normal, **take ½ your usual insulin dose**.
- **Bring your insulin and medications** with you to your appointment.



Medication Instructions:

Please follow these carefully based on the type of medication you take:

Medication	Instructions
Eliquis (apixaban)	Stop 48 hours prior to the procedure
Aspirin	Continue taking the day of your procedure
Plavix (clopidogrel)	Continue taking the day of your procedure
Warfarin (Coumadin)	Stop 5 days prior ; discuss with your doctor for an alternative
Pradaxa (dabigatran)	Stop 48 hours prior , or as instructed by your doctor
Xarelto (rivaroxaban)	Stop 48 hours prior , or as instructed by your doctor
Metformin or medications containing metformin	Do not take the day of and for 2 days after your procedure
Heart and Blood Pressure Medications	Take as usual with a few sips of water the morning of your procedure

After the Procedure:

- You will rest in our recovery area until your provider clears you to go home.
- Mild soreness or bruising at the insertion site is normal.
- Avoid strenuous activity and heavy lifting for 24–48 hours.
- Follow all post-procedure instructions provided by your care team.
- A follow-up appointment or ultrasound may be scheduled to monitor your recovery and results.

If you have any questions about your medications, lab work, or preparation instructions, please contact our office at 661-324-4100.