

## WELCOME TO FAIRFAX VASCULAR CENTER

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It's natural to be anxious before any healthcare procedure. Once you walk through the doors of Fairfax Vascular Center, you'll feel relaxed and at ease in our beautiful, patient-centered environment, where the main focus is your health and wellbeing. That's why we combine patient education with our state-of-the-art care so you'll always know exactly what to expect—every step of the way.

This education starts at your very first visit where your Interventional Radiologist will talk about how to prepare for your procedure, what to expect on the day of and days following the procedure, and answer any questions you may have.

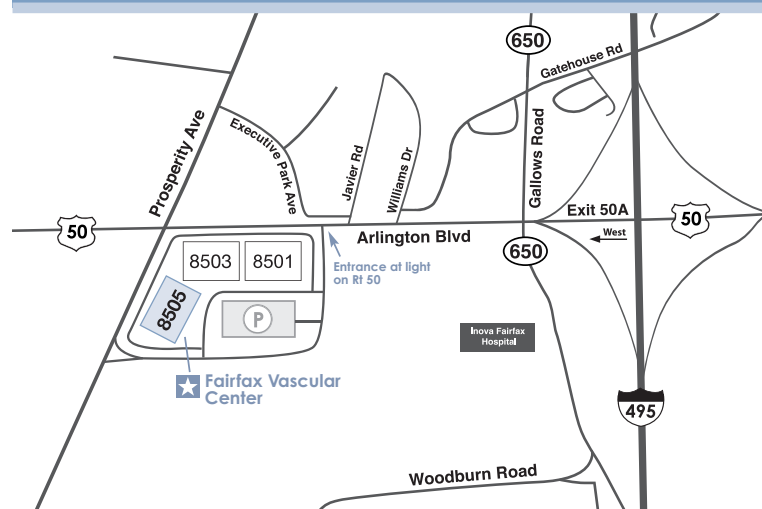
Following a consultation with our staff to determine your recommended treatment plan, an FVC coordinator will contact your insurance provider to determine coverage. We recommend that you also contact your specific insurance carrier to review your eligibility, benefits and financial responsibility.

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**Welcome to a new type of patient care.**  
**Welcome to Fairfax Vascular Center.**

### GETTING HERE

If you are traveling by car, you can be dropped off at the main entrance. There is a complimentary parking garage adjacent to the building. See the map below for details.



### Fairfax Vascular Center

8505 Arlington Blvd., Suite 400  
Fairfax, VA 22031  
Phone: 703.698.6884  
Fax: 703.573.4237

## A GUIDE TO YOUR UPCOMING PROCEDURE.



## BEFORE YOUR PROCEDURE

The most important thing we want you to do before your procedure is to relax. Your Interventional Radiologist will give you specific instructions, but below is some general information.

### Things to do before your procedure:

- Find a responsible person to drive you home after the procedure, otherwise we will have to postpone it.
- Call the Center ahead of your appointment if you have an illness, such as a high temperature, cold or flu.

### Things to avoid before your procedure:

- Do not eat, drink, or smoke anything after midnight the night before your procedure. This includes breath mints, gum and tobacco.

### What to pack:

- Insurance card and photo ID
- List of medications including dose and frequency
- Any diagnostic testing results not performed at FVC or Inova
- A book, magazines or music for relaxation
- Payment (if requested)

## THE DAY OF YOUR PROCEDURE

On the day of your procedure, take your morning medications with a sip of water unless instructed otherwise. Wear loose, comfortable, casual clothing and cotton underwear. If you are having upper extremity or chest wall procedures do not wear pullover shirts or sweaters. You will be provided with a gown. You and your family will be greeted by a dedicated Patient Liaison who will act as an intermediary—answering any questions that may arise regarding the status of your care.

### Pre-Procedure Prep

Once in the pre-procedure area, you will be asked to change into a gown and given a locker for your personal items. The medical staff will:

- Record your vitals
- Review your medical history/medications
- Perform a physical exam
- Perform a pregnancy test on females of child-bearing years

### Site Confirmation

Your Interventional Radiologist will have you sign a consent form, explain the process and post-procedure instructions, and mark the site to be treated. This will be confirmed by other members of your healthcare team and site verification will be documented on your medical record and Anesthesia Consent for Procedure.

### Anesthesia

Your anesthesiologist will meet with you to discuss the type of anesthesia you will receive. An intravenous infusion (IV) may be started for fluids, anesthetic sedatives, antibiotics, and other medications as necessary. You will be asked to sign an Anesthesia Consent for Procedure.

## AFTER YOUR PROCEDURE

Once your procedure is complete, you will be monitored very closely and have your vital signs recorded periodically. You will rest in the recovery area where your family or escort may stay with you until your doctor and anesthesiologist agree that you can return home.

Your post-procedure instructions that explain wound care, accepted activities, personal hygiene, diet and medication management will be reviewed with you and your caregiver to ensure that you understand them and any questions you may have will be answered.

**If you have any questions or concerns after discharge, or any signs of bleeding, infection and impaired blood flow you should call our office at any time at 703.698.6884 to speak with a nurse. If it's after-hours, you will speak with the physician on call. If you think you may be having a medical emergency call 911.**

**\*Remember, you will not be able to drive and will only be discharged into the care of a responsible person who will drive you home.**

