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WELCOME - YOUR VEIN CONSULTATION APPOINTMENT

Thank you for choosing Martins Rejuvenation Centre to assess your venous concerns. We are sure that you will find our professional staff of physicians and nurses welcoming, helpful and informative.

Your first appointment will consist of a consultation including a patient questionnaire, information regarding compression therapy, a history and physical examination by the doctor, nurse, and/or nurse practitioner and possibly a short Doppler exam. Please allow 30-60 minutes for this appointment.

Although we often treat on the first appointment, we may not be able to do so, based on your consultation results.

Please bring with you:

- ✓ A pair of shorts and a loose fitting pair of pants to wear home.
- ✓ Your valid OHIP card
- ✓ A list of your current medications.
- ✓

If you wish to be considered for a treatment, please note the following in preparation:

- ✓ Do not apply **lotion** or **shave** your legs 1 day prior to appointment.
- ✓ Don't come on an empty stomach – have something to **eat**.
- ✓ **For best results, avoid for 3-5 days prior to injection:**
 - ❑ **Omega 3, Ginseng, Garlic, Vitamin E, St. John's Wort**
 - ❑ **Aspirin** (unless you are taking it heart or stroke condition)
 - ❑ **NSAIDS** (non-steroidal anti-inflammatories) eg. Advil, Motrin, Ibuprofen
 - ❑ **Alcohol** (48hours)
 - ❑ If you are taking **blood thinners, prednisone or steroids**, we may be unable to treat.
- ✓ We cannot treat you if you are pregnant. Let us know if you are breastfeeding.
- ✓ If at all possible, please do not bring children to your appointment.

COMPRESSION STOCKINGS - are part of our complete therapy approach. If you are receiving treatment for **VARICOSE VEINS**, you will be required to purchase measured to fit compression stockings at competitive prices to local retailers. A Certified Compression Therapist will take your measurements for stockings. The cost is often covered by extended health plans; please check with your insurance company. Prescriptions are provided after you have seen the doctor. We carry a wide variety of stockings to fit your lifestyle. If you already own compression stockings, please **BRING THEM** to your appointment.

Varicose Veins

- ✓ A pair of shorts and a loose fitting pair of pants to wear home.
- ✓ Your valid OHIP card
- ✓ Please ensure that your family physician has sent us a written referral via fax (see below).
- ✓ A consultation letter will be forwarded to your family physician.
- ✓ Usually one treatment for qualified varicose veins is covered by OHIP.
- ✓ Large veins requiring surgery, laser or advanced injection techniques are not covered by OHIP.
- ✓ Injection Fees
 - ❑ Normally one treatment for qualified varicose veins is covered by OHIP per year
 - ❑ There is a \$30-60 fee which covers your bandages
 - ❑ There is a \$60-100 medication injection fee
 - ❑ The bandage and injection fees are not covered by OHIP but may be covered by private insurance.

Spider Veins – Cosmetic

- ✓ A pair of shorts and a loose fitting pair of pants to wear home.
- ✓ Spider Veins are not covered by Ontario Health Insurance (OHIP) but they may be partially covered by some health insurance plans.
- ✓ Injection Fees
 - ❑ Single Treatment – up to 25 injections - \$135 plus hst.
 - ❑ Double Treatment – up to 50 injections - \$250 plus hst
 - ❑ After Treatment, we recommend no sun exposure to the treated leg surfaces for 2 weeks in order to reduce discoloration

We accept the following methods of Payment:

INTERAC (DEBIT) -----VISA -----MASTERCARD

We look forward to seeing you!

Please call if you have any questions or concerns. If you are not able to attend for whatever reason, would you please allow us the courtesy of **48 hours notice** so that we can offer the appointment time to another client? Failure to cancel an appointment 24 hours prior to it will result in a **\$25 cancellation fee**.

Please **visit our website** for some useful educational videos by Dr. Martin

www.martincentre.ca



Sincerely,

Dr. Deborah Martin, Director - MD, CCFP (EM), FMNM, ABAARM