

# Conservative Management Check List

THE IMPORTANT STEPS TO KNOW IN YOUR TREATMENT PLAN

## Phoenix Heart | Vein | Vascular

### Graduated Compression Stockings

Compression stockings are specialized hose that are designed to help the venous return to heart. They prevent the further progression of venous disease and can relieve some signs and symptoms such as swelling and discomfort. The compression helps decrease venous pressure in the legs.

**Most health insurance companies** require these medical grade stockings to be worn for a minimum period of **3 months** prior to having any treatments.



### Elevation of Your Legs

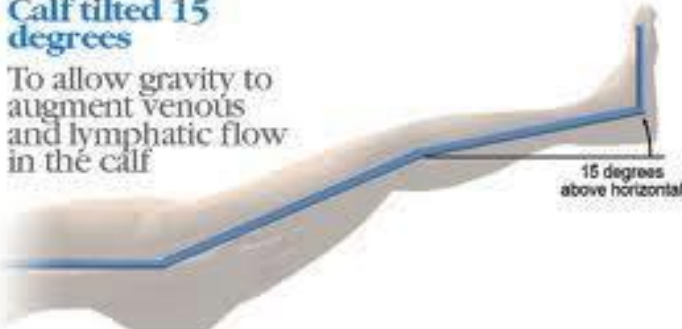
At the end of a long day of standing, you should elevate your legs at least once a day. Leg elevation reduces swelling, increases venous flow and lowers venous pressure.

#### Ideal Position For Leg Elevation

Calf tilted 15 degrees

To allow gravity to augment venous and lymphatic flow in the calf

15 degrees above horizontal



Most Health Insurance Companies require “Conservative Management” to be tried and failed before any treatment options are considered for coverage.

### Over The Counter Analgesics

The use of medications such as Tylenol®, Aspirin or Ibuprofen® are a form of conservative management used to reduce the pain and discomfort coming from your veins.

Most health insurance companies require the use of O.T.C. Analgesics for a minimum period of **3 months** prior to having any treatments.

### Overall Lifestyle Changes

- ✓ Exercise
- ✓ Healthy salt reducing diet
- ✓ Weight loss and swelling reduction



### Recommendations for Healthy Legs:

- ✓ Regular Exercise
  - Walking
  - Running
  - Aerobics
  - Swimming
  - Elliptical or Biking

Once the “Conservative Management” requirements are met for your Health Insurance Company, we can proceed with obtaining your Authorization for your treatment plan.