



Instructions Prior to your Endovenous Laser Ablation Procedure

You are scheduled with Dr. _____ for an endovenous laser ablation procedure on:

Leg #1: _____ R or L

Leg #2: _____ R or L

We have prescribed valium to help you relax during your procedure. Please bring it with you to the office the day of your procedure. We will advise you when to take it. You will need a driver.

Before your appointment, shower and wash your legs thoroughly. DO NOT apply lotions or creams or shave your legs.

Bring comfortable, loose fitting shorts to wear during your procedure.

Bring your compression stocking, bring both if you have two.

It is most comfortable to bring sweat pants or other loose fitting pants to wear home after your procedure.

Please let us know if you take blood thinners well before your appointment so we can adjust dosing if necessary.

Do not eat 2 hours prior to your appointment.

Have someone stay with you the first night after your procedure.

Instructions Post Endovenous Laser Ablation Procedure

Leave your stockings and/or surgical dressing on for 48 hours continuously after your procedure. You may then remove the top stocking/dressing permanently. Continue to wear a stocking for 14 days, taking it off to shower and sleep.

Some bruising, soreness and tightening are normal for a few weeks after your procedure. You should take anti-inflammatories such as Ibuprofen or Tylenol during week 1 to help with pain and swelling.

Walking will help the recovery process. Walk for several minutes each hour. Refrain from vigorous exercise for one week after your procedure.

Do not soak in a bathtub, hot tub or swimming pool for at least 5 days.

Do not fly for at least one week.

If you experience significant pain or bleeding, call our office: 263-1421

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