

ENDOVENOUS LASER ABLATION

PREPARING FOR YOUR APPOINTMENT/PROCEDURE

1. Do not take Aleve, Motrin, Advil, Ibuprofen, aspirin, Plavix, Coumadin, or vitamins such as Ginko Bilboa or Vit E, **5** days before your treatment. This will help minimize the bruising.
2. The day of your procedure/treatment, shower and wash your legs thoroughly. Do not apply any cream or lotion to your legs.
3. To avoid discomfort, do not shave your legs on the day of your appointment.
4. Eat a light meal or snack 1½ hours before your appointment. NO caffeine.
5. Be sure a ride is available to take you home after your procedure. The procedure will take approximately 1½ hours.
6. We recommend that arnica (natural herb) be taken 4 days preop-2 weeks postop. Ask your doctor about more information.
7. You will be in your underwear for surgery. We will do our best to keep you covered and still be able to provide optimal care.

AFTER YOUR SURGERY/TREATMENT

1. Immediately after the procedure, your treated leg will be wrapped with an elastic dressing. This dressing **must stay clean and dry** and **must not be removed for 24 hours**. After 24 hours you may remove the dressing and shower.
2. You may return to work the next day as long as the dressing can remain in place.
3. You may not shower for 24 hours unless you can keep the dressing dry. A sponge bath may be more appropriate until the dressing is removed.
4. **Avoid hot showers.** No sitting in hot baths or Jacuzzis.
5. An antibiotic is prescribed for 1 day and an anti-inflammatory.
6. Ibuprofen 600mg, 3 times a day for 7 days is recommended and should be taken with food. Should not be taken with Celebrex, Bextra, etc.

AFTER 24 HOURS:

7. After the dressings have been removed, you will need to **wear support stockings for a minimum of 1 week.** You may purchase them from us \$50.
8. While sitting, **keep your leg elevated to promote healing.** This is very beneficial postoperatively to reduce swelling and bruising.
9. Avoid standing for long periods of time. No aerobics, heavy lifting or strenuous activity for 7-10 days after treatment. However, take frequent walks. Recommend 10min q 2 hours.
10. You may resume ASA, plavix, etc 5 days after your surgery
11. Do not remove the bandages until after 24 hours. Call the office if problems persist
12. Follow any additional instructions and keep appointments as indicated by physician.
13. It is not recommended that you fly or take a long trip until 2 weeks after your surgery.
14. No sun exposure while any bruising is present.

If you have any questions or concerns, please contact our office so we can be of assistance. **Please note:** There is an automatic \$50 charge if surgery is cancelled less than 5 business days prior to the procedure.