



Endovenous Laser Procedure Instructions

Before Procedure

You are scheduled to undergo an endogenous laser procedure to treat your varicose veins. Relax, This procedure should take approximately one hour and will be performed in the physicians office. Please follow the following simple instructions in getting ready for your procedure:

1. We have prescribed the following mild sedative: **Ativan 1 mg orally**
Please take it one hour prior to your scheduled endogenous laser procedure. Please bring the second pill with you.
2. You must have a friend drive you to and from your appointment. While the laser procedure will not impair your ability to walk, the local sedative and wrapping of your leg makes it best not to drive immediately following the procedure.

After Procedure

1. You may feel tired the day of the procedure due to Ativan medication. Walk 15 minutes after the procedure in our parking lot immediately upon leaving our office. Then, you can go home, nap, and relax. Try to walk for 10 minutes every hour that you are awake today.
2. You will notice fluid leaking on the stocking from needle holes. Take a wash cloth and wipe the area clean.
3. If you have an aspirin allergy and if your not on coumadin (warfarin), please take **THREE (3)** 200mg tablets of Advil or Motrin or Ibuprofen **THREE (3)** times a day for **THREE (3)** days (that's a total of 1800 mg per day). After three (3) days, take as needed. Soreness usually peaks at three days and gradually goes away over the next two weeks. Bruising and pain are expected and lasts about two (2) weeks.
4. Wear the stocking for seven (7) days, 24 hours a day. The day after the procedure, roll the stocking down and take off Band-Aid, then tightly pull the stocking back up. Try not to leave any folds or creases in the stocking, for this will crease your skin.
5. You can shower the day after the procedure but leave the **STOCKING ON** for seven(7) days. Pat the stocking dry with a towel and let the stocking air dry after you shower (takes about 10 minutes). Do not take a bath or go swimming after the procedure for seven (7) days. Do not immerse your leg for the next seven (7) days. Do not lift or engage in heavy exercise for seven (7) days.
6. The day after the procedure you can resume normal activities or return to work.
7. Do not hesitate to call our office if you have any questions at (352) 419-6537.

