



Patient Instructions For Endovenous Laser Ablation

If you are on blood thinning medication (i.e. Plavix or Coumadin) please notify us (the risk is increased bruising). If pain medication is needed before the procedure, please take Ibuprofen or Tylenol.

If you are particularly anxious about medical procedures, a mild sedative (Xanax) might be prescribed prior to the procedure. This will help relieve any anxiety about the procedure. If the medicine is taken, you will be required to have a driver bring you to the procedure and take you home.

Eat a nutritious breakfast/lunch prior to the procedure. Maintain adequate hydration prior to appointment.

Shower before your visit. You will be able to shower the morning following your procedure. Prior to the shower, remove the overlying gauze and you may shower and begin a daily application of lotion to your leg(s).

Please avoid scraping/removing any scabs or shaving at the laser entry site(s).

Wear loose fitting, comfortable clothing. When you arrive home, we ask that you complete three separate 20 minutes walks during the day of the procedure and 1-2 walks a day for the following week. It is normal to notice a small amount of fluid drainage on the gauze following the procedure (in the initial 24 hours). Your leg may also feel "tight" and some bruising and discomfort is expected for 7-14 days afterwards.

Please arrange for someone to drive you home. This is especially important if you require a mild sedative with the procedure. You will be receiving local anesthetic during the laser procedure. Expect to be in office for approximately 1 hour.

You may return to work the next day. Some patients (in more intense occupations) find it helpful to take a day or two off of work. Please limit exercise to walking for 5-7 days following the laser. Running, weightlifting, and other high impact activities may be resumed at that time.

Please avoid flying for 48-72 hours and long car trips (>2-3 hours) following the procedure.

Please discuss any long-term travel plans with Dr. Hearn.

Please refrain from hot tubs/swimming for 5 days following the procedure.

Please have Motrin/Advil (ibuprofen 200mg-take three tablets every (6) hours with food) **OR** Aleve (naproxen 225mg -take two tablets every 12 hours with food) available at home. You will be encouraged to use **ONE** of these medications on a daily basis for 1 to 2 weeks. Please let Dr. Hearn or his team know if you are already taking a prescription **anti-inflammatory** like **Celebrex** or **Mobic**. Although unusual (<2% of patients), you may require an additional narcotic medication.

You will be scheduled for an appointment approximately 1 week after the procedure. A follow-up ultrasound will be performed at that time. Additional procedural appointments will also be scheduled as indicated with your individualized treatment plan.

Please do not hesitate to call the practice for any questions not addressed on this form