



Endovenous Laser Procedure

Pre & Post-Operative Guidelines

These instructions are to prepare you for the saphenous vein laser ablation procedure.

- **DIET:** The day of the procedure you should eat normally before, and after coming to the office. After the procedure, you can eat or drink anything you desire. Take any medications that are part of your normal routine. Blood thinners are usually stopped 24-72 hours before the procedure and will be restarted by the next day. Aspirin, Plavix, Aggrenox and Pletal are all okay to continue.
- **SKIN:**
 - **WOMEN MUST NOT SHAVE THEIR LEGS FOR AT LEAST 24 HOURS PRIOR TO A PROCEDURE.**
 - Oils and lotions make the treatments a little more difficult. **WE RECOMMEND THAT YOU DO NOT APPLY OIL OR LOTION TO YOUR LEGS ON THE DAY OF TREATMENT.**
- **COMPRESSION STOCKINGS:** Following your initial surgical treatment, you will be advised to purchase compression stocking(s) (sold in our office for \$68). Stockings should be worn during waking hours beginning 48 hours following the procedure, and continued until you see us in the office. If you've never worn compression stockings, you may struggle a little bit the first time you put them on. Wearing rubber gloves while putting on the stocking is helpful and allows you to grip the stocking a little easier.
- **When will I go home?** The procedure itself takes about 90 minutes. We will review more detailed post operative instructions with you and confirm your follow-up date. Upon leaving our office, we **do require you to have someone drive you home.** Please wear shorts or loose clothing to go over the leg dressings at discharge.
- **ACTIVITIES:** You should take the rest of the day off from work after your procedure.

If you have upcoming travel plans that may require long hours (4 or more) in a plane or car, please discuss these travels with Dr. Dworkin.

- Remove all dressings (except Steri-Strips) 48 hours after the procedure and shower regularly with soap.
- No hot baths, hot tubs or exposure to marine water (ocean, lakes, rivers, bay or gulf) until seen back in the office – usually 6-8 days post-procedure.
- The morning after your procedure you may resume driving and return to work.
- Vigorous exercise, aerobics or running are discouraged until you return to the office for your follow-up.

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This procedure is an Ultrasound guided venous laser ablation.

A diluted local anesthetic is infused around the saphenous vein to protect you from the laser heat and to be sure you do not feel the laser energy.

The laser fiber is inserted into the saphenous vein by needle access, and the vein destroyed with laser energy. The vein will dry up and become an invisible fibrous cord in the future.

The small wounds are closed with absorbable sutures or steri-strips, a sterile dressing is applied, and your leg is wrapped with elastic bandages.

BRUISING AND TIGHTNESS: Mild soreness and bruising, lumpiness, and a slight pulling sensation or tightness to the treated leg is common following the Endovenous Laser Procedure and may last for a few days up to a few weeks depending on how much of the Saphenous Vein is treated. Please be aware that this is a normal part of the healing process and no cause for alarm. Taking anti-inflammatory medicine or over-the-counter pain relievers will alleviate the discomfort from the procedure. We suggest wearing your compression stocking **during waking hours** to provide comfort at least until you return to our office for your first follow up visit. Over the counter pain relievers like Ibuprofen or Alleve should be taken with food. Acetaminophen can also be taken.

Once the inflammation from the procedure subsides, pain relief is significant for most people and they may choose to treat any surface veins with Sclerotherapy or Micro Phlebectomy. This can be decided when you come to the office for your follow-up exam.

FOLLOW UP: You will need to see me in the office about 6-8 days after your procedure. We will then repeat your ultrasound exam to make sure the vein is closed, and that everything is okay. We may repeat these follow-up exams after 3 and 12 months.

Please call our office about any questions. Phone 813-374-9002. After hours and on weekend, call Dr. Dworkin at the same number and choose the option to call Dr. Dworkin on his cell phone.

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