



**PREPARING FOR YOUR ENDOVENOUS LASER PROCEDURE (EVLT)
and/or PHLEBECTOMY**

THE MORNING OF YOUR PROCEDURE WE WOULD LIKE YOU TO

- 1) Eat a light breakfast.
- 2) Shower before your visit, as you will not be permitted to shower after the procedure for 24 hours.
- 3) Please shave the operative leg as well as 1-2 inches in the pubic area on that side.
- 4) Do not apply any type of moisturizer to your leg on the day of the procedure.
- 5) Wear loose clothes.

DO NOT FORGET TO

- 1) Arrange for a ride home after the procedure.
- 2) Pick up your pre medication (ie. Valium and Vicodin) and bring it with you to your appointment.
- 3) **Bring your prescription Class II compression stockings with you.** If you forget, you will be required to purchase another pair to wear immediately after the procedure is done.

AFTER YOUR PROCEDURE IS DONE

- 1) You will be given Ibuprofen for both your comfort and to help minimize any inflammation. We recommend you continue to take Ibuprofen 600 mg every 6 hours for one week after the procedure. If additional pain medication is needed, you may take Tylenol.
- 2) We will have you put on your compression stockings and walk for 20 minutes, before leaving the center.
- 3) You will need to schedule a 1 week follow up appointment before leaving the center.

If you have any questions or concerns, please do not hesitate to call our office (715) 832-2200.