

Venus Vein Center
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856-354-VEIN

Patient Instructions

Pre- and Post- Treatment Instructions for Endovenous Laser Therapy:

Thank you for choosing The Venus Vein Center for your Endovenous Laser Therapy. In order for you to receive optimum results you must pay careful attention to this information along with working with your treatment team. A combined effort is needed to optimize your results.

Pre-Treatment Instructions:

You are scheduled to undergo an Endovenous Laser procedure for your varicose veins. The procedure will take approximately 90 minutes and is done in our Voorhees office. Please review the following instructions to prepare for your procedure:

1. We have prescribed pre-procedure medications for you. An antibiotic - **Levaquin** 750mg (also called Levofloxacin) **or Keflex** 500mg (also called Cephalexin); Two anti-inflammatory medications- **Ibuprofen** 600mg (also called Motrin, Advil) (This can be one pill from the pharmacy or three pills if taken over the counter) and **Decadron** 4mg (also called Dexamethasone); A mild sedative - **Valium** 20mg (also called Diazepam). These prescriptions will be called into your pharmacy prior to your procedure. If you are **allergic** or have a sensitivity to any of these medications please let us know and we will find a medication that will work for you.
2. Please take Levaquin, Ibuprofen and Decadron two hours prior to your procedure time. **DO NOT TAKE THE VALIUM**, but bring it with you. You should arrive **1 hour prior** to your scheduled procedure. On arrival to the office, you will take the Valium when instructed. If you are on Coumadin (also called Warfarin Sodium) please stop taking 5 days prior to your scheduled procedure date.
3. **You must have a friend drive you to and from your procedure.** The laser procedure will not impair your ability to walk, but the sedative and the wrap on your leg will not permit you to drive immediately following the procedure.
4. Please do **NOT** tan prior to your procedure as the veins need to be visible for the doctor to perform the procedure.

5. You **MAY** eat and drink. It is important that you are well hydrated. Please drink 6-8 glasses of water the day of your scheduled procedure.
6. Any questions, please do not hesitate to call us at 856-354-VEIN (8346).

Post-Treatment Instructions:

Your Endovenous Laser procedure is now complete and you may resume normal activities with a few suggestions and exceptions:

1. Walking will improve the recovery process. You are encouraged to walk at least 20 minutes every couple hours during the day.
2. Refrain from swimming or taking a hot bath for at least 72 hours following your procedure. You may shower and clean your treated leg.
3. No strenuous exercise for 72 hours following your procedure.
4. Do not fly within one week of your procedure.
5. Avoid excessive exposure to the sun during the next two weeks.
6. You will need to wear your compression bandage for the first 24 hours following your procedure without removing them. After the first day you will need to wear your compression stockings an additional 7 days, removing them to shower but leaving them on the rest of the day and night.
7. Bruising, soreness, and a tightening sensation within 2-3 weeks following your procedure are normal. You may take over the counter pain medications for this such as Tylenol or Advil as needed.
8. Please resume all previous medications. If you are on Coumadin please resume your specific dosage schedule.
9. If you experience any bleeding or unusual substantial pain please call the office at 856-354-VEIN (8346).

Follow-Up:

1. We would like to see you in our office within 3 days of the procedure. We will schedule this with you when you come in for your procedure.
2. An ultrasound will be scheduled for you 4 weeks after your procedure. A follow-up appointment with the doctor will be scheduled for 6 weeks after your procedure.

Thank you again for choosing the Venus Vein Center at ACC Lourdes for your Endovenous Laser Therapy. Any additional questions or concerns please contact the office (856) 354-VEIN or visit us online at www.venusvein.com.