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## Patient Instructions For Endovenous Thermal 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 only Tylenol.

**If you are particularly anxious about medical procedures, please discuss this with your provider.** We may prescribe a mild sedative for use prior to the procedure, if necessary.

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

**Shower before your visit.** Suture-strips will be applied the day of the procedure and may be removed on day 4 following the procedure. You will be able to shower the morning following your procedure. Prior to the shower, remove the overlying gauze and you can shower with the underlying suture-strips in place.

**Please avoid scraping/removing scab/shaving at the laser entry site(s).** If the suture-strips fall off before the 4th day, please place a band-aid over the entry site. If allergic to band-aid, gauze and paper tape can be used.

**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 bring your compression stockings to the office.** We will only require you to wear stockings on the leg we treat. You will be asked to wear the compression stocking overnight, and then **during the day** for 5 days following the procedure.

**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 5-7 days and long car trips (>2-3 hours) following the procedure.

**Please** avoid use of iron containing supplements and fish oil during the first 4-6 weeks of your treatment protocol.

**Please** refrain from hot tubs/swimming for 5 days following the procedure. Additionally, refrain from non-chlorinated water for 4 to 6 weeks following the procedure.

**Please** have Motrin/Advil (ibuprofen 200mg-take three tablets every eight 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 the provider 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.

**Remember:** The IVS Provider team may be reached after hours at 317.348.3020.

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