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Better Options. Healthier Legs.®

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. **We will advise you to take 81 mg aspirin daily, if not on blood thinner, for 4 weeks.**

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. Steri-strips will be applied the day of the procedure and may be removed on day 3 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 steri-strips in place.

Please avoid scraping/removing scab/shaving at the laser entry site(s). If the steri-strips fall off before the 3rd 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 5-7 days following the procedure.

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

You may return to work the same/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 ablation. 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/saunas for 4 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. Tylenol (acetaminophen) is an acceptable alternative. You will be encouraged to use **ONE** of these medications on an "as needed" basis for 1-2 weeks post procedure(s). Please let the provider team know if you are already taking a prescription **anti-inflammatory** like **Celebrex** or **Mobic**.

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.

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