

Preparing for Your Endovenous Laser Ablation Treatment



The following instructions are to prepare you for your procedure and to help you better understand how to maximize your recovery.

1. Blood thinning medications are best avoided for several days prior to your procedure. Coumadin should be stopped at least 7 days prior, Aspirin 10 days prior, Plavix 7 days prior, Aggrenox 10 days prior and Pletal 2 days prior. Otherwise, take your usual medications on the morning of your procedure with a small sip of water. If you have questions about your medications, please ask Dr. Miller.
2. Please do not eat anything after midnight the night before your procedure. You may have liquids up to four hours before your scheduled procedure.
3. Take a shower and wash your leg with antibacterial soap on the morning of your procedure, and do not apply any lotions to your leg.
4. Your legs will be wrapped in sterile dressings and ace bandages which will be somewhat bulky. For your comfort, wear shorts or loose fitting pants that can be pulled over the bandages after the procedure.
5. Please bring your list of medications with you to the surgery center, and notify Dr. Miller and his staff about any medication allergies you have.
6. Please arrive approximately 30 minutes prior to your procedure to complete any last minute paperwork. A friend or family member should come with you to drive you home after the procedure.
7. If you are anxious and cannot relax prior to the procedure, we may give you an oral sedative tablet (Valium 10mg) after you sign your consent and are dressed for the procedure.
8. The procedure is performed in the Surgery Center operating room. You will have monitors attached to record your blood pressure, pulse rate, and oxygen levels. Dr. Miller and his staff will be with you at all times.
9. The procedure is performed using local anesthesia along the course of the saphenous vein. There may be some discomfort associated with placement of the anesthetic, and also with the use of the laser catheter. The discomforts are mild in general, and you will receive additional sedation during these times to lessen any discomfort. Due to light sedation, you may have some amnesia about the procedure.
10. A surgical incision is usually not required. Only small punctures are made to place the ablation catheter and to remove the ropey varicose veins. Sometimes a small

incision is made at the groin level to expose and ligate a large saphenous vein before positioning the ablation catheter.

11. Most ablation procedures are accompanied by either micro-phlebectomy or sclerotherapy or both in order to remove the unsightly and painful varicose veins or other veins in the leg.
12. Ultrasound is necessary during the procedure to access the saphenous vein for insertion of the ablation catheter, to place the local anesthetic around the vein, and to position the catheter perfectly within the termination of the saphenous vein. The catheter must be inside the saphenous vein only, and not in the deep vein at any location.
13. The laser fiber is inserted inside the saphenous vein and positioned to begin the ablation. Energy is delivered to the fiber or probe, which is slowly withdrawn through the vein. The heat gently destroys the lining of the vein. There is no pulling, stripping, or avulsion of branches.
14. The small wounds are closed with absorbable sutures or steri-strips, a sterile dressing is applied, and your leg is wrapped with elastic bandages.
15. You will be given a prescription for pain medication, but should take an NSAID (non steroidal anti-inflammatory drug) approximately every 8 hours for 2 weeks after the procedure. You may find during the second week that your thigh is somewhat tender due to the treated saphenous vein. Ibuprofen will help relieve that tenderness, and you may continue the medication as needed.
16. You may be expected to walk after the recovery period for at least 20 minutes here at our office.
17. Because you may be lightly sedated during the procedure, please bring someone with you to drive you home to assure your safety.
18. Please review the Patient Consent Form and bring it with you on the day of your procedure. We will review it again and ask you to sign it before we prepare you for the procedure.

These preparations, along with discharge instructions, have been reviewed with me prior to my procedure, and I understand the expectations of my attending physician. I understand I should call the office or the on-call nurse immediately if I experience unexpected side effects or if I experience a worsening of symptoms.

Patient Printed Name

Date

Patient Signature

Witness Signature