

Pre-Treatment Instructions for Endovenous Laser Therapy

Thank you for choosing Phoenixville Surgery Associates for your endovenous laser therapy. For optimum results, your treatment must be a combined effort between you and your treatment team. Careful attention to this information will help optimize your final outcome.

Pre-treatment Instructions:

You are scheduled to undergo an endovenous laser procedure to treat your varicose veins. Relax, this procedure should take approximately one hour and will be performed in the physician's office. Please follow the following simple instructions in getting ready for your procedure:

When Scheduling

1. **If you have ever been told that you require any pre-operative antibiotics (because of a heart murmur or prosthetic material in your body) let us know ahead of time and take your prescription as directed.**
2. **Confirm what medications you are to take the day of your procedure.**

The Day/Night Before

1. Please make sure that you **drink plenty of fluids the day prior to the procedure**. If you are well hydrated, the veins tend to be easier to identify and treat. **Avoid caffeinated products** as these may result in contraction of the vein and make it more difficult to complete the procedure.
2. **Shower with Hibiclens** (available over-the-counter at most chain pharmacies) **the night before your procedure**. This will reduce the chance of infections.

The Day of Your Procedure

1. Please make sure that you **drink plenty of fluids the morning of the procedure** and again **avoid caffeinated products**. Please **do not eat any solid food within two hours of the procedure**.
3. **Shower with Hibiclens the morning of your procedure** and **DO NOT APPLY ANY CREAMS OR LOTIONS TO YOUR LEGS**.
3. If requested, you may have been prescribed a mild sedative. Please take it as directed 1-2 hours prior to your scheduled procedure.
4. Even if you do not receive a sedative, **you must have a responsible party to transport you home** from the procedure appointment. The numbing effect of the local anesthetic and bandaging may impair your ability to drive safely.
5. Please remember to **bring your compression stockings with you**.
6. **Wear loose fitting clothing and shoes** that will be easy to get on over any necessary dressings. If it is cold, please dress warmly to avoid constriction of the veins.
7. If you have any questions, please call our office at 610-495-2550