

Tri-Cities Vein & Vascular Institute

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Instructions Before Your Endovenous Laser Procedure

You are scheduled to undergo an endovenous laser procedure to treat your varicose veins. You will be in the office for approximately 2 hours and the 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:

1. The Night before and the morning of **wash with the Hibiclens soap** (the area to be treated)
2. Apply Numbing Cream **15 minutes before arriving at office**
3. We have prescribed the following Mild Sedative and Pain Medication:

Please take **1 tab of Xanax and 2 tabs of the Pain medication**
1/2 hour prior to your scheduled procedure

4. You must have someone else **drive you to and from** your appointment.
5. **Wear or bring loose fitting shorts**
6. **Bring Compression Stockings**
7. **Drink plenty of water a couple days before and the morning of the procedure.**
8. Make an appointment for an ultrasound in our office for 3 days after your procedure and a 3 month follow-up appointment (after all of your procedures).
7. If you have any questions, please call our office at 946-9707.