



RHODE ISLAND VASCULAR INSTITUTE

EVLA INSTRUCTION SHEET

You will be contacted by our office before your procedure to confirm the date and time.

Before Procedure

- Notify our staff if you normally require antibiotics for procedures so that our office can give you a prescription for the medication.
- A mild anti-anxiety medication may be prescribed for you to take prior to your procedure, take as directed. You **must** have someone drive you to and from the procedure if you take this medication.
- If you have had changes to medications, new allergies, a new medical condition has developed or if you have had changes to your insurance since you were last seen in our office, please make our staff aware of these changes.
- If possible, try not to plan long trips for approximately 3-4 weeks after your laser procedure.
- Eat lightly prior to your procedure. Make sure you are well hydrated when you arrive to our office.
- Take all your usual medications the day of your procedure.
- Wear loose fitting clothing and comfortable shoes to the office.
- Avoid tanning your legs with the application of heavy sunscreen for approximately 1 month prior to and 1 month after your treatment.
- Shower the morning of your procedure and do not use moisturizer or shaving lotion on your legs so that dressings will stay in place appropriately.

What to Expect After Procedure

- You may experience variable amounts of pain after your procedure. You will be instructed to take anti-inflammatory medication after your procedure.
- Expect bruising, mild swelling and temporary darkening of the color of your veins after your procedure. Avoid tanning by the application of heavy sunscreen until this discoloration fades.
- You will need to wear a compression stocking and dressings for 3 full days & nights after the procedure without removing it at all (not even to shower). Your stocking will be snug but your toes should be pink and moving freely. On day 4, _____ remove the stocking & bandages for a short shower, then put the stocking right back on. After that time, the stocking should be worn during the day until your follow up visit. You may remove the stocking only to sleep or shower. At your follow-up visit, we will determine if you need to wear your stocking for a longer period.
- Avoid very **hot** baths and showers until your follow-up visit.

