



GUIDELINES BEFORE ENDOVENOUS LASER/RADIOFREQUENCY

1. **NO** BLOOD THINNERS/ASPIRIN 48 HOURS PRIOR TO PROCEDURES.
2. **NO** CAFFEINE PRIOR TO PROCEDURE.
3. DRINK PLENTY OF WATER PRIOR TO PROCEDURE (TO HELP DILATE YOUR VEINS)
4. WEAR **LOOSE FITTING** CLOTHING AND SLIP ON SHOES.
5. FILL THE PRESCRIPTION FOR THIGH HIGH COMPRESSION STOCKINGS (YOU WILL RECEIVE THIS PRESCRIPTION DAY OF YOUR TEST RESULTS).
6. PICK UP VALIUM (WE WILL CALL YOU ONCE IT HAS BEEN CALLED IN), BRING WITH YOU TO THE OFFICE, WE WILL INSTRUCT YOU WHEN TO TAKE. (**DO NOT** FORGET YOUR DRIVER IF TAKING THE MEDICATION)

GUIDELINES AFTER ENDOVENOUS LASER/RADIOFREQUENCY

1. IF TAKING THE VALIUM, YOU ARE **NOT TO** DRIVE FOR AT LEAST 4 HOURS POST PROCEDURE.
2. TAKE OFF BANDAGES 2 DAYS AFTER PROCEDURE, SHOWER OR BATHE, THEN START WEARING COMPRESSION STOCKINGS (DURING THE DAY, OFF AT NIGHT. YOU WILL WEAR THEM FOR A TOTAL OF 10 DAYS AFTER REMOVING THE ORIGINAL WRAP!)
3. **NO** STRENUOUS EXERCISE FOR AT LEAST 12 DAYS POST PROCEDURE.
NO ELLIPTICAL OR TREADMILL
NO BICYCLE (STATIONARY OR REGULAR)
NO ABDOMINAL WORK OUTS
4. NO HEAVY LIFTING OVER 40 LBS FOR AT LEAST 12 DAYS POST PROCEDURE.
5. THE MORE WALKING, THE BETTER. TRY AND WALK AT LEAST AN HOUR TOTAL EVERY DAY. IF SITTING FOR LONG PERIODS OF TIME IT IS IMPORTANT TO GET UP AND WALK EVERY HOUR. **** PLEASE BE ADVISED YOU ARE TO HAVE MANDATORY FOLLOW UP ULTRASOUNDS PERFORMED **2-3DAYS** POST TREATMENT, **1 MONTH, 3MONTHS, 6 MONTHS AND 1 YEAR.******