

**Patient Name:** \_\_\_\_\_

**Location:** \_\_\_\_\_ 10238 E. Hampton Ave Ste. 501 Mesa, AZ 85209

**Testing Appointment:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Additional Testing:** \_\_\_\_\_

### **Instructions BEFORE Your Endovenous Laser Procedure**

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

1. We have prescribed the following mild sedative: Valium 10mg one tablet only.
  - We can either give you a written prescription or call this into your pharmacy.
  - Please take it 1 (one) hour prior to your scheduled endovenous laser procedure.
2. You must have someone drive you to and from your appointment. While the laser procedure will not impair your ability to walk, the local sedative and wrapping of your leg makes it best to not drive immediately following the procedure. **Prior to testing all patients must shower or bathe.**
3. Please remember to bring the following compression stockings with you to your procedure: 20-30 lbs compression THIGH HIGH stockings.
  - For your convenience, we do have these available in the office for \$75. This is not covered by your insurance. You may submit the charge to your insurance to see if they will reimburse you but you will need to pay for them the day of the procedure.
  - You are able to purchase these at places like WalMart or Walgreens. Please make sure these are thigh high stockings and not knee highs.
4. Please do not drink any caffeine the day of your procedure to assist with the proper hydration and better access to your veins.
5. Please drink plenty of water the day before and morning of your procedure to ensure proper hydration for better access to your veins.
6. Please do not take your Lasix medications 24 hours prior to your procedure to ensure proper hydration for better access to your veins.
7. **Please bathe or shower before your procedure to help avoid potential infection.**

If you have any questions about your preparation or procedure, please call our office at (480) 889-1573.

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