

## PREPARATION FOR ENDOVENOUS LASER TREATMENT (EVLT)

- You will be given the option to take **Valium** (Diazepam). If you choose to take a Valium you **must have someone to drive you home**. If you do not take a Valium, you may drive yourself. This will be prescribed to your pharmacy, and the bottle is to be brought with you to the office on the day of your procedure. Do not take any of the tablets before you come. You will be instructed to take one after consent is signed in the office.
- **Do not** take regular Aspirin, Plavix, or Coumadin three to five days before the procedure. Please inform the doctor if you are taking any of these medications, so he may give you specific instructions.
- Please do not shave your leg 72 hours (3 days) before the procedure.
- Clean the skin of the leg and groin with soap and water for 3 consecutive days before the procedure. Shower the day before or early the day of your procedure, as you will not be able to shower for three days after the procedure.
- Do not apply any type of moisturizing cream, lotion or oil to the skin of your leg on the day of the procedure.
- It is recommended that you bring a pair of loose fitting pants to leave the office in, as your leg will be wrapped after the procedure.
- You may eat a light meal prior to the procedure.
- When you arrive for your procedure, you will be asked to read and sign the informed consent form, as well as the EVLT discharge instructions. If you are going to be taking a Valium, please wait to be instructed by staff after you sign the consent. Ask all of your questions and concerns about the consent and the instructions before taking the Valium.