

**NON-SURGICAL ENDOVENOUS LASER (EVLT)**

Your treatment is scheduled for \_\_\_\_\_ at \_\_\_\_\_

Your follow-up is scheduled for \_\_\_\_\_ at \_\_\_\_\_

**It is your responsibility to check with your insurance company regarding benefit coverage (CPT 36475).****BEFORE TREATMENT**

- Do not shave or use lotion on your leg(s) to be treated 24 hours prior to the procedure to minimize irritation to the skin.
- Please bring or wear a pair of walking shoes with you to your appointment. You will walk for 20 minutes after the procedure.
- Please bring your thigh high compression hose with you to your appointment. Your treatment cannot be done without these.
- You may have a light breakfast including water or juice; however, no drinks that contain caffeine.
- We recommend that you have someone with you to drive you home.

**WHAT TO EXPECT AFTER TREATMENT**

- You should be able to return to work a day or two after the procedure.
- Until we recheck your leg, which will be 5-7 days following your procedure, you should wear your compression hose continuously for the first 3 days. This includes during your shower and sleep.
- For the next 4 days, wear your hose during the day only. You may take them off to shower and sleep. After that, wear them as much as possible for comfort.
- Do not shower the evening of the procedure. You may shower the day after the procedure. Leave your hose on. A hair dryer can be used to dry the hose.

- A sensation of tightness in the thigh of the treated leg is common. This usually goes away in 7-14 days.
- If you have minor discomfort, Tylenol or Ibuprofen may be taken as directed.
- For the next 7 days if you are sitting (such as reading or watching television) please keep your treated leg elevated as much as possible. You will have better results if you keep your ankle higher than your heart.
- Please refrain from lifting anything over 20 pounds for 2 weeks.
- Please refrain from high impact exercise (i.e. aerobics, running) for 2 weeks.
- During the first 2 weeks after the procedure we recommend you exercise by continuing your normal walking regimen and refrain from high impact exercise.
- Please refrain from using a hot tub or sauna for the first week after treatment.
- Please refrain from long (2 hours or more) plane trips or car rides for 2 weeks.

**IMPORTANT**

It is important that you know and understand your insurance company's guidelines regarding coverage of this procedure. If you have any questions regarding this, please contact your insurance company directly.

If you have any questions, please feel free to contact our office at 515-875-9090.