

## **Endo-Venous Laser Therapy: After Care Instructions**

### **Immediate After Care:**

When you leave the office you will have a Band-Aid in place, covered with compression hose. You will keep this stocking on at night while sleeping until the next day after treatment. The stocking can be taken off to shower and put back on again afterwards. For the first 3 days you must wear the stocking at all times except when bathing or showering. Do not take a hot bath as this will increase inflammation. You will then continue to wear the compression hose during the day only for an additional **4 days**. **Total time of stocking use is 1 week.**

You may have one or more areas on your dressing where blood and numbing solution has leaked through. Some bleeding and oozing is normal. We suggest that you do not wear light colored clothing, especially white clothing, due to the leaking. **Do not be alarmed** if the bleeding continues and the stocking becomes soaked during the first few days.

You may have some discomfort following treatment. Most patients can effectively control their pain with an over-the-counter anti-inflammatory i.e. Motrin (ibuprofen) 600 mg three times daily (3 over the counter pills taken all at one time with food). ***If you are having extreme discomfort, notify the office immediately.***

### **Activity Level:**

We would like you to continue to keep moving and maintain a normal level of activity. Walking twice daily for 20 minutes is encouraged and promotes speedy healing. Heavy or high impact exercise (running, high impact aerobic activity, etc.) is to be avoided for one full week.

Air travel, extended car trips, hot tubs or submerging in a hot bathtub should be avoided for 1 week.

### **Follow Up Visits and Extended After Care:**

Generally, in office follow up visits will be at 3-7 days to include a check with additional ultrasound and then at 3 months for ultrasound evaluation.

Tenderness, bruising, lumpiness or numbness can occur at the treated site 1-2 weeks after treatment. This is normal and can be relieved with an over-the-counter anti-inflammatory (such as Motrin). These skin “lumps” slowly diminish within a few weeks, but may occasionally last somewhat longer. Some patients describe a pulling or tugging sensation, which starts 2-4 weeks after the procedure, and may continue for weeks, up to 3 months.

For after hours, the office emergency number can be reached by calling our main phone number (**632-5200**) and follow the phone prompts for the on-call provider.