



Endo Venous Laser Therapy & Ambulatory Phlebectomy

Post-op Instructions

You will need to keep the dressing and stocking in place for 3 days. This dressing **MUST** stay dry. Please cover the leg with a large plastic bag for showering. You should remove the dressing and shower or bathe after the 3rd day. If you are under the care of a Wound Specialist, continue to treat your wound as prescribed. Follow-up with your Wound Specialist as directed.

When you remove the dressing, Steri-Strips may be covering small wounds. You should wash your leg as usual. After several showers, the Steri-Strip will become loose and you should remove them at this time.

After your dressing is removed, reapply the compression stocking. You are to continue to wear the stocking during the day; however you may remove it at night. The stocking should be worn for at least 2 months as much as possible during the day. Remember, the more you wear the compression stockings, the better result you will see long term.

You may have areas on your dressing where blood has soaked through. If an ambulatory phlebectomy was performed some bleeding or oozing is normal. **DO NOT BE ALARMED**. If the bleeding continues and your dressing becomes soaked, apply pressure, elevate your leg and call our office. You may need to return to the office for dressing change.

You may experience some discomfort and swelling following surgery. We **STRONGLY** recommended that you take ibuprofen (Advil or Motrin) every 6 hours for 2-4 weeks, even if you are not experiencing any discomfort. This will reduce the swelling and aid in the recovery process. If you are having extreme discomfort or bleeding, notify our office immediately.

You may feel a full or tugging sensation, along with bruising, on the inner thigh along the course of the vein that was lasered. This is normal and Do Not Be Alarmed by this sensation. This will subside over time.

You should resume all of your pre-procedure activities, including work, the following day. We would like you to continue to keep moving and maintain a normal level of activity. Avoid strenuous exercise such as aerobics, weight training, bicycling, or running for 2 weeks.

Walking daily is encouraged and will promote healing. Avoid prolonged sitting or standing for the first week.

You will need to make a follow-up appointment for the following week. Please bring your compression stocking to all appointments. If you would like an extra compression stocking, ask the nurse for a prescription so you may purchase the stocking. The stocking should be hand washed with a gentle detergent and air dried.

Feel free to contact our main office if you have any questions.