

Tri-Cities Vein and Vascular Institute

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Leg Care After Your Endovenous Laser Procedure

Now that your Endovenous Laser procedure is complete, you may resume normal activities with only a few exceptions and suggestions:

1. You are encouraged to walk at least 20 minutes every several hours during the day. Walking will help the leg's recovery process.
2. Please refrain from swimming, using a hot tub or taking a hot bath for 72 hours following your procedure. You may sponge bath to clean the treated leg, but try to avoid submerging the leg in water for 72 hours.
3. Please also refrain from vigorous gym exercises or running for 72 hours following your procedure.
4. Do not fly for one week following your procedure.
5. Avoid exposure to excessive sun during the two weeks following the procedure.
6. It is normal to experience bruising, soreness, tingling, swelling, redness and a tightening sensation in the 1-2 month period following treatment. This should begin to subside after two months. You can take over the counter pain medications such as Tylenol or Advil as needed for your discomfort.
7. You will need to wear your compression stockings 24 hours a day for the first 72 hours then just during the day for the next 30 days, taking them off to shower and sleep.
8. If you experience bleeding or excessive redness, pain and swelling in the leg or tightness in the chest – go to Emergency Room; otherwise, give us a call at 946-9707.
9. Make an ultrasound appointment for 3 days later and a final appointment for 3 months following all of your procedures.