

DISCHARGE INSTRUCTIONS AFTER ENDOVENOUS LASER ABLATION AND STAB PHLEBECTOMY:

After your procedure, you may resume normal activities with only a few exceptions and suggestions:

Keep your compression stockings/leg wrapping for 3 days after the procedure, during this time, take sponge baths.

You are encouraged to walk at least 10-20 minutes every hour during the day. Walking improves the recovery process in the leg.

Please refrain from swimming, using a hot tub or taking a hot bath for one week following her procedure. You may sponge bath to clean the treated leg, but try to avoid submerging the leg in water for 72 hours.

Refrain from doing vigorous gym exercises or running for a minimum of 72 hours following your procedure. However, walking is good.

Do not fly for one week following your procedure.

It is normal to experience bruising, soreness and a tightening sensation following the treatment. This should begin to subside after a few months or so. You can take over-the-counter medications such as Tylenol or Advil as needed for your discomfort.

You will need to wear her compression stockings for at least the next 30 days compliantly, taking them off to shower and sleep, but leaving them on the rest of the day.

If you experience bleeding try elevating your leg and applying pressure. OR If you have substantial pain that cannot be controlled with the pain medication, then call your physician or go to the Emergency Room.

Make an ultrasound appointment for 3 days later after the procedure and an appointment for 3 months after the procedure.