



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 more than usual after your procedure. Walking will keep blood moving in the veins.
2. Please refrain from swimming, using a hot tub or taking a hot bath for 72 hours following your procedure. Tomorrow, you may shower and clean the treated leg, but try to avoid submerging the leg in water.
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. It is normal to experience bruising, soreness and a tightening sensation in the 2-3 week period following treatment. This should begin to subside after two weeks.
6. You will need to wear your compression stocking for the next 2 days, taking it off to shower, but leaving it on the rest of the day and night. After 2 days, you will need to wear your compression stocking for 2 weeks, taking it off to shower and at night, but leaving it on during the day.
7. **You MUST take over-the-counter Ibuprofen (ADVIL or MOTRIN - NOT TYLENOL) - 1 to 2 tabs EVERY 8 HOURS for 7 consecutive days after your procedure.**
8. If you experience bleeding or substantial pain, give us a call at:

_____ After hours at: _____

9. You will need to return to the office in 1 week for an ultrasound exam and to determine the treatment options and timing for any remaining varicose and/or spider veins.

You are scheduled to return on _____

At _____ AM/PM

RN signature _____

Patient signature _____