

LASER TREATMENT POST OP INSTRUCTIONS

Endovenous Laser is used for the treatment of varicose veins that have reflux and are not functioning correctly. Each patient has a unique diagnosis and an individualized laser treatment plan is established for treatment. Just as no two legs are identical, your treatment is geared specifically to your diagnosis.

What can I expect after the procedure?

Right after your procedure we will help you put on your compression stockings. It is necessary to wear the stockings for 7 days after your procedure. The only time compression stockings should be worn at night is the day of your procedure, otherwise compression stockings are only to be worn during the day. The next morning after your procedure we ask that patients take off their compression stockings and take a shower. After taking off the stockings you will notice several areas of taped gauze. We ask that you remove those and throw them in the garbage. Underneath the gauze, in a few areas will be some white thin bandages also known as steri strips. These can be left on until your next follow up appointment. If they fall off sooner then just throw them away. We will then see you 1 week after your laser procedure for a follow up visit.

Can I expect to have discoloration or bruising?

Every patient is different but it is common to have some light bruising and discoloration also known as hyperpigmentation after each laser treatment. Other patients sometimes get some slight redness near the veins that were treated with the laser. This is part of the bodies healing process and eventually given enough time it will all disappear. Over the counter medicine such as Motrin, Aleve, Tylenol or ibuprofen can be used if necessary to help with the healing process.

Do I really have to wear the compression stockings?

Absolutely. We ask all our patients to always bring both stocking to each Laser appointment. Wearing compression stockings dramatically helps in preventing soreness, bruising, and discoloration also known as hyperpigmentation after each procedure. We ask that you keep your compression stockings on until the following morning. At that time you should shower and then put them back on for the day. Afterwards only wear the stockings during the day for the next 7 days and shower as needed.

What about exercise? Is it safe to exercise after the Laser treatment?

The only restriction after the laser treatment is a 48 hour avoidance of strenuous exercise. After that 48 hour period patients may resume exercise. Aside from this restriction all other normal activities can be resumed as normal without any restriction.

Will I need to come back for more visits after my Laser?

Absolutely, and these follow up appointments are important. Between 3-7 days after your laser treatment you will be scheduled to come back for a follow up appointment. At that time we will use ultrasound to evaluate the veins that we treated in addition to checking the deep venous system. It is a quick appointment that takes usually takes 15 minutes. We repeat this appointment 1 month after your last laser treatment and then also 3 and 6 months afterwards to monitor the healing process.

In case I need to call the office, or if I have specific questions, what is the best number to reach the clinic?

We are available by phone anytime at 630 401-7102.