



After Care for Endovenous Laser Ablation

The aftercare period is one week. Walking is a critical component of aftercare. Right after your procedure, we want you to walk for one hour. For the rest of the week, you have to walk wearing your compression hose for an aggregate of two hours each day.

Q: What if blood soaks through the dressing?

A: A small amount (size of a silver dollar) could occur at an incision site and is normal. If this becomes excessive then elevate the leg and call the office. If cotton rolls were placed over any wounds, they can be removed the next day.

Q: What if my toes turn blue or feel numb or I have pain in a different site from the procedure?

A: Remove the stocking and the under-wrap. If better then reapply the stocking only. If the symptoms continue then call the office.

Q: How long do I need to leave the under-wrap and stocking on after surgery?

A: Ideally they should stay on for 48 hours constantly and be kept dry. After that you can remove them, then shower (not bathe). Discard the under-wrap and only wear the stocking. This will be put on each morning and removed at bedtime. It is important to wear the stocking for one week.

Q: How soon after surgery should I wait before sun tanning?

A: Sun tanning is a minor contributing factor in the development of spider veins. If you're in the sun, you should use a sunscreen of SPF 30-45 that covers both UVA and UVB. However, if you must sunbathe, it would be prudent to wait 2 weeks after surgery

Q: Should I expect bruising?

A: Bruising is common along the treated vein. If you feel the bruising is abnormal, please call the office. Most bruises will resolve in about 14 days.

Q: When can I put skin lotion on my legs after surgery?

A: After 48 hours you can apply moisturizers or emollients to your legs.

Q: How long before I can exercise?

A: Free weight lifting has been implicated as a cause of varicose veins. We recommend no free weight lifting, sit ups or crunches for one week after surgery. Walking, cycling, nautilus, light aerobics and swimming are all encouraged after surgery. Jogging, running and wearing high heel shoes are also discouraged for one week after treatments.

Q: What can I take for pain?

A: Most people require no meds. It is common to feel a dull ache. If meds are needed Advil (ibuprofen) works best, you can take 3 Advil (200 mg) 3-4 times a day as needed. IN ADDITION you can Two Tylenol (325 mg) 3-4 times a day. We can prescribe a narcotic if needed.

We will usually want to recheck and ultrasound your leg in about 3-7 days. PLEASE - REMEMBER TO BRING YOUR SHORTS TO ALL FOLLOW UP VISITS.

If you have any questions please call our office, it is our pleasure to serve you.

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