

Laser Vein Procedure Aftercare Instructions

Please be sure you understand these laser vein procedure aftercare instructions before you leave the hospital.

Diet, activity and compression stockings

If you have any questions or concerns, talk with your physician or nurse.

- **Do not drive for the next 24 hours after the procedure.**
A friend or family member at least 18 years of age must accompany you home.
- Keep your leg raised when sitting for the next 24 hours.
- You may eat, drink and take your medications as usual.
- You may continue with your regular activities as tolerated, except:
 - Do not do strenuous exercise such as running, workout classes and cycling for 2 weeks after the procedure.
 - Do not lift anything heavier than 15 pounds for 2 weeks after the procedure.
- Please wear your compression stockings as follows:
 - **Week 1:** Please wear the stockings **all the time for 1 week.** Remove them only to shower beginning the day after the procedure.
 - **Weeks 2 and 3:** Please wear the stockings during your waking hours. You may remove them at night to sleep.
- You may shower beginning 24 hours after the procedure. Please do not take a tub bath or swim in a pool for 1 week.

Wound care and pain management

- Please remove all bandages in 24 hours **except for the paper tape strips (Steri-Strips™) over the incisions.** If you have Steri-Strips, they will fall off in about 1 week.
- Some bruising and a firm lump around the treated area is normal.
- As your leg heals, you may notice discomfort, tightness or pulling. This is normal.
- These medications will help your discomfort:
 - Naproxen sodium (Aleve®) 220 milligrams (mg) – Take 1 tablet 2 times a day with food for 14 days after your procedure. Please take this medication even if you do not have pain.
 - Acetaminophen (Tylenol® Extra Strength) 500 mg – Take 1 tablet every 6 hours as needed for pain.

When to call

Call the Vein Center if you have any of these symptoms:

- A tender, red area on your leg
- Increased swelling of your leg
- Pus or drainage from your leg incisions
- A temperature more than 100.4 degrees F or chills

Follow-up care

Return to the clinic in 1 week for your follow-up visit and ultrasound test.

Date _____ Time _____

If you have any questions or concerns, call 312.695.VEIN (312.695.8346), TTY:711. If you need to reach a physician at the Vein Center outside of normal business hours for an urgent issue, call the hospital operator at 312.926.2000 (TTY: 711), and ask for the on-call interventional radiology fellow.