

Patient Instructions After Endovenous Laser Treatment at The Vanishing Vein P508.626.8346

What you should expect:

The leg on which the laser treatment was performed will be sore and painful. Typically the pain is a pulling sensation similar to a muscle ache.

In addition to the pain there will be bruising along the treated vein. This bruising can vary from a mild discoloration to a severe bruising. This is normal after this type of procedure, you shouldn't worry.

It is not unusual that the worse pain is experienced up to 7 days after the procedure, before it starts to get better. Usually the pain can be tolerated with oral pain medication (see below).

When should you call?:

If the pain gets substantially worse more than 7 days after the procedure, please let us know. This can still be normal under certain circumstances, but we would like to hear about it.

If sudden swelling of the calf or foot occurs, please let us know. Swelling of the thigh or the treated area is normal. Call us if you have a temperature greater than 100.8 °

What you should do:

You should go back to your regular daily activities the next day.

Begin gentle stretching of treated area on day #5.

Walking is encouraged and preferred over sitting. Intense work-outs should be avoided for about 14 days.

You should wear the waist-high stockings continuously for the first 24 hours. The second evening after the procedure you can take off the stockings for a shower and to sleep. You should continue to wear the stockings during the daytime for 9 more days.

Refrain from lifting over 25lbs or putting any strain on your abdomen for 10 days or two weeks post procedure.

The steri-strip should stay on for 5 days then remove. If it falls off place a Band-Aid over the area.

You should come for a follow-up visit to the office at about 2 weeks and at 3 months after the procedure. During the first visit the complete occlusion of the treated vein is confirmed with ultrasound. Also, any procedure-related problems should be obvious at this time. The second post procedure visit will show the clinical results of the procedure and if needed further options can be discussed.

Usual Medications: (available over the counter)

- **Ibuprofen/ Motrin:**
 - Good pain medication with anti-inflammatory component. May cause stomach upset. Take with food.
 - Take 600 mg (3 tablets = 600mg) three to four times per day for the first 3-5 days.

- **Tylenol:**
 - Tylenol has a lower anti-inflammatory component than Ibuprofen. If Ibuprofen is not enough start with 2 325mg tabs 3-4 x per day. If needed you can increase to 2 500mg tabs 4 times a day (max dose) as needed. (do not take more than this)

Contact Information:

Call Dr Davison if needed at the Vanishing Vein P508.626.8346. If it is not during office hours please call his cell at 617-645-2627.