

Endovenous Laser Therapy Discharge Instructions



Instructions

- Do not soak or submerge in a bathtub, pool, or jacuzzi until bandages are removed (48 hours).
- You may take a shower in 48 hours.
- Remove the bandage in 48 hours. If it becomes wet or soiled before this, remove the wet bandage and replace it with a new one.
- You should wear your compression stockings in place of the bandage until your one-week follow-up. You can purchase compression stockings at CVS, Walgreens, or Walmart.
- It is normal to have bruising, a "pulling" discomfort, or cramps at the site of the treated area. These symptoms can occur up to 5-7 days after the procedure.
- You may take acetaminophen or ibuprofen as directed for pain.
- A warm compress may be applied to the procedure site as needed for discomfort.

Activity

- When sitting or at rest, keep the leg elevated.
- Refrain from strenuous exercise for five days post-procedure.

Notify your Doctor/Seek Medical Attention if you

- Develop increasing pain at the site.
 - Redness, swelling, warmth, bleeding, or drainage from the procedure site
 - Chills or fever above 101 degrees Fahrenheit
 - Active bleeding at the procedure site

If you have any questions or concerns, please call our office.

