

# Post-Treatment Instructions for Endovenous Laser Therapy

Thank you for choosing Phoenixville Surgery Associates for your endovenous laser therapy. For optimum results, your treatment must be a combined effort between you and your treatment team. Careful attention to this information will help optimize your final outcome.

## Post-treatment Instructions:

Now that your endovenous laser procedure is complete, here are some things that you can do to reduce discomfort, complications, and suboptimal results. Keep in mind, most individuals will leave the facility with NO PAIN and it is very easy to go about a normal activity until the anesthetic wears off. This may result in additional swelling that can make the next several days more uncomfortable.

What you should do:

1. Plan on **taking it easy** for the next few days.
2. You are encouraged to **walk at least 10-15 times a day**. This should be limited to short distances (yes, trips to the kitchen, bathroom, mailbox, etc. count). Walking will help the leg's recovery process and help reduce the chance of deep vein thrombosis. **Long walks, prolonged standing and sitting more than 15 minutes at a time should be avoided**. When not walking, **ELEVATE YOUR LEGS AS MUCH AS POSSIBLE** (your legs should be higher than your heart. While lying, make an effort to frequently flex and extend your ankles.
3. Please refrain from swimming, using a hot tub or taking a hot bath for 72 hours following your procedure. **You may shower** the day after the procedure and clean the treated leg, but avoid submerging the leg in water.
4. Please also **refrain from vigorous gym exercises or running for the two weeks** following your procedure. If you have made satisfactory progress, you will be cleared for increased activity at your follow up visit.
5. **Do not fly or take long car rides for one week** following your procedure.
6. **Avoid exposure to excessive sun** during the four weeks following the procedure. Tanning can result in dark scar formation.
7. It is **normal to experience bruising, redness, soreness, mild blistering, swelling and a tightening sensation over the inner leg** in period following treatment. This will gradually subside over 2-3 weeks. You can take over the counter pain medications such as Tylenol, Advil or Aleve as needed for your comfort. Applying ice packs is also advised to reduce symptoms. Narcotic pain medicines can be prescribed but are often not needed.
8. You will need to **wear your compression stockings for the next several weeks**. During the **first two weeks, it is advised to remove them only to shower**, leaving them on the rest of the day and night. This will reduce swelling and increase the chance of you obtaining the best end result. **Failure to do so may increase the chance of the vessel re-filling**.
9. **If you experience any of the following: significant bleeding, uncontrolled pain, fever, severe leg swelling, chest pain or shortness of breath, give us a call immediately at 610-495-2550.**