

Post Endovenous Laser Ablation Instructions

You will have a compression stocking in place when you leave the office. Wear this stocking for the first 24 hours, including while you sleep. You will then wear it for the next 14 days, removing it at bedtime and showers. Additional stocking use may be advised for comfort. If the stocking is uncomfortable and not providing any relief you do not have to wear it. You will have small cotton ball dressing at the needle sites. You may remove the cotton balls at your first shower.

You will likely experience mild soreness and bruising following the procedure. We recommend you take an anti-inflammatory for 2 – 3 days following your procedure. Tightness and a pulling sensation in the treated area are common. If swelling occurs, cold packs to the thigh will decrease the swelling (20 minutes / 2 – 3 times a day). Your symptoms should dissipate over the course of a week.

If you are having extreme discomfort or bleeding, notify the office immediately.

We would like you to continue to keep moving and maintain a normal level of activity. Walking twice daily for 20 minutes is encouraged and promotes healing. Several days after the procedure you may get some inflammation around the area that was treated. This inflammation is part of the post procedure and is to be expected. Walking, wearing your stocking and taking your anti-inflammatory medication as prescribed will help to alleviate the discomfort.

Avoid prolonged sitting or standing for the first week and elevate your legs for comfort as needed. We expect you to be able to resume all your pre-procedure activities (including work) the following day. Avoid strenuous exercise such as aerobics, weight training, or running for two weeks.

Follow up exams are an important part of your care. We will recheck you in the office at one week with the physician. Additional follow up exams at 1 month, 3 months and 1 year are important to monitor your progress. All follow up exams will include an ultrasound to ensure you are healing properly.

Post-procedural Medications: Please call the office for directions regarding Pain Medicine as needed.

Again, feel free to call the office if you have any questions at 847-468-9900.

Stephen C. Sorenson, M.D.