

## **POST ENDOVENOUS LASER ABLATION INSTRUCTIONS**

1. **Compression:** 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. Continue to wear it for the next 7 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, please discontinue use and call the office. You will have small cotton ball dressings at the needle sites. You may remove the cotton balls at your first shower.
2. **Activity and Exercise Restrictions and Recommendations**
  - a. We would like you to continue to keep moving and maintain a normal level of activity. Walking 2-3 times daily for 20 minutes is encouraged and promotes healing.
  - b. 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.
  - c. Avoid strenuous exercise such as aerobics, weight training, or running for 1 week.
3. **Bathing:** Please keep the leg dry the day of treatment. Avoid soaking in hot baths or hot-tubs for 1 week after treatment. Showers are fine starting the day after treatment.
4. **DO NOT FLY for 72 hours after treatment. FLYING WITHIN THE FIRST 72 HOURS AFTER TREATMENT GREATLY INCREASES THE RISK FOR THE DEVELOPMENT OF BLOOD CLOTS.** Long-distance car travel (greater than 3 hours) is also discouraged during this time period. When taking long car trips during this time period, we encourage more frequent stops to walk
5. **Follow up exams are an important part of your care.** We will recheck you in the office within one week with the physician. It is important we see you within one week of the procedure being performed as this is the most likely time for complications to develop.

### What to expect after treatment

**Pain:** You will likely experience mild soreness and bruising following the procedure. Tightness and a pulling sensation in the treated area are common.

**Swelling:** Several days after the procedure you may get some inflammation around the area that was treated. This inflammation is to be expected and is part of the normal healing process. Walking, wearing the stocking, and taking your anti-inflammatory medication as prescribed will help to alleviate the discomfort. Cold packs to the area 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. Feel free to call the office if you have any questions at 847-468-9900 (Elgin) or 847-550-4984 (Lake Zurich).**

### Post-procedural Medications:

**Pain Medicine as needed:**

\_\_\_\_ Tylenol \_\_\_\_\_mg by mouth, every 4-6 hours for \_\_\_\_\_ days

\_\_\_\_ Ibuprofen (Advil, Motrin), 400mg by mouth two to three times per day with food for \_\_\_\_\_ days

\_\_\_\_ Naprosyn \_\_\_\_\_mg by mouth, two to three times per day with food for \_\_\_\_\_ days

\_\_\_\_ Tylenol #3, 1 tab by mouth every 4-6 hours as needed for \_\_\_\_\_ days

**Stephen C. Sorenson, MD, RVT, RPVI**

**Thomas A. Lutz, MD, RVT, RPVI**

**Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_**