

Pre- and Post-Treatment Instructions for Endovenous Laser Therapy

Thank you for choosing The Vein Center of Virginia 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.

Pre-treatment Instructions:

You are scheduled to undergo an endovenous laser procedure to treat your varicose veins. Relax, this procedure should take approximately one hour and will be performed in the physician's office. Please follow the following simple instructions in getting ready for your procedure:

1. We have prescribed the following mild sedative Ativan 1mg. Please take it 1 hour prior to your scheduled endovenous laser procedure.
2. You must have a friend drive you to and from your appointment. While the laser procedure will not impair your ability to walk, the local sedative and wrapping of your leg makes it best to not drive immediately following the procedure.
3. Please remember to bring your compression stockings with you. Please make sure that you drink plenty of fluids the day prior to your procedure. Wear loose fitting clothing.
4. If you have any questions, please call our office at 470-5570.

Post-treatment Instructions:

Now that your endovenous laser procedure is complete, you may resume normal activities with only a few exceptions and suggestions:

1. You are encouraged to walk at least 20 minutes every several hours during the day. Walking will help the leg's recovery process.
2. Please refrain from swimming, using a hot tub or taking a hot bath for 72 hours following your procedure. You may shower and clean the treated leg, but try to avoid submerging the leg in water.
3. Please also refrain from vigorous gym exercises or running for 72 hours following your procedure.
4. Do not fly for one week following your procedure.
5. Avoid exposure to excessive sun during the two weeks following the procedure.
6. It is normal to experience bruising, soreness and a tightening sensation in the 2-3 week period following treatment. This should begin to subside after two weeks. You can take over the counter pain medications such as Tylenol or Advil as needed for your discomfort.
7. You will need to wear your compression stockings for the next 7 days, taking them off to shower, but leaving them on the rest of the day and night.
8. If you experience bleeding or substantial pain, give us a call at 470-5570.

