



ENDOVENOUS SAPHENOUS VEIN ABLATION WITH COOLTOUCH LASER

Post-Operative PATIENT INSTRUCTIONS

After you are home:

1. Leave the dressings and the elastic wrap on your leg for 48 hours. If the wrap feels too tight, you may loosen the dressings a little bit. Please leave the ace wraps on your leg for the rest of the day and night after surgery, and also the following day and night. You may remove the wrap and dressings on the subsequent day, and put on the compression stockings. For instance, if you have surgery on Thursday, wear the ace wraps Thursday night and Friday day and night, remove them on Saturday night.
2. During the day of surgery, we prefer for you to be fairly quiet. Do not walk excessively, rather sit or lie down with your leg horizontal on the bed or chair. Sometimes we ask that you not put any weight on your leg for fear you will bleed from the phlebectomy sites. You do not have to elevate your leg. On the second day, you may walk more and be a little more active.
3. When the elastic dressings are removed, you may shower to wash off any stain. Leave the paper steri-strips on your wound. You may place a band-aid over the wounds if you wish.
4. We prefer that you wear support stockings as much as you can for the next two weeks, during the daytime only. Pantyhose styles are best for the ladies, and of course thigh high hose are best for men. You may also purchase compression hose through sites on the internet, and we recommend 20 to 30 compression.
5. You will be given a prescription for pain medication, but should take generic Ibuprofen 600mgs approximately every 12 hours for at least two to three weeks after the procedure. You may find during the second week that your thigh is

somewhat tender due to the treated saphenous vein. Ibuprophen will help relieve that tenderness, and you may continue the medication as long as is needed.

6. You may resume most normal activities including returning to work after 2 to 4 days, depending on your leg discomfort. Some of our patients return to work the day after surgery. You cannot harm yourself, but you may have discomfort along the course of the treated vein.