



## **Post Operative Endovenous Laser Therapy, Radiofrequency Ablation, and/or Phlebectomy Instructions**

1. After your procedure, we put your stocking/bandages on. You will wear it for the next 24 hours. After 24 hours you may remove the stocking and the bandages to shower, then put the stocking back on.
2. You will be wearing the stocking for at least two weeks after your procedure. You may remove the stockings at night when you go to bed after the first 24 hours. Wearing these stockings is crucial for your procedure to be successful.
3. You may begin normal activity following your procedure. Light exercising is fine beginning on the second day after surgery with the stocking on. We encourage daily walking including the day of your procedure. Do not lift anything too heavy that would cause you to bear weight on our legs and do not bathe, use hot tubs, swim, or use saunas. (showers only)
4. You will have your first follow-up visit including your first ultrasound within a week of your procedure.
5. You will feel some tenderness and pulling in the inner thigh or the calf (depending upon which vein was treated) the first 5-7 days as the treated vein continues to shrink and close. Sometimes the discomfort can last a bit longer. This doesn't mean that there is anything wrong. Having your ultrasound should confirm that.
6. When your vein is treated, fluid is placed around it. Some of the fluid may drip out from the inner thigh or calf (depending upon which vein was treated), for the first day or so.
7. Ice to the inner thigh for the mild pain is helpful the first few days.
8. Take Ibuprofen (between 400 and 800 mg. at a time) three times daily for two weeks. This is not only helpful for the pain but is necessary for inflammation. If you would develop any stomach upset, you may decrease the frequency you take the Ibuprofen to twice daily or once daily.
9. Dr. Geskin, Jennifer Wicks, CRNP, and our staff are always available. Please call and ask to speak with one of our assistants, Chrissy or Tina, with any questions. If it is after office hours or on the weekend, our answering service will contact the doctor on call and he will return your call.

**PLEASE BRING LOOSE FITTING  
SHORTS WITH YOU TO ALL OF YOUR FOLLOW-UP APPOINTMENTS**

(Revised 11/10)