



## Post Endovenous Laser Therapy or Radiofrequency Ablation Procedure Instructions

### Compression Stockings:

1. After your procedure, we will put a sterile gauze bandage & your compression stocking on the treated leg.
2. The bandages and stocking **MUST** be worn continuously for the next 24 hours, sleeping in them for the first night.
3. After the first 24 hours, you may take your stockings and bandages off to shower, then you **MUST** put your compression stocking back on while you are awake.
4. You may take them off at bedtime **AFTER** the first 24 hours.
5. You are **REQUIRED** to wear your compression stockings/compression wraps for the next 1 week. Wearing the compression stockings less than 1 week will decrease the effectiveness of the procedure and possibly cause complications. ***Wearing the stockings is crucial for the success of your procedure.***

### Restrictions and Recommendations:

1. You may begin normal activity following your procedure.
2. Light exercising, with the stocking on, is fine, beginning on the second day after your procedure.
3. We encourage daily walking, including the day of your procedure.
4. Do not lift anything too heavy (over 20 pounds) that would cause you to bear down heavily on your legs.
5. No baths, hot tubs, swimming pools, or saunas for 2 weeks post procedure.
6. Elevate your legs at rest.

### What to expect:

1. You **WILL** feel some tenderness and pulling in the inner thigh or the calf (depending upon which vein was treated) for the first 14 days post procedure, as the treated vein continues to shrink and close. Sometimes this discomfort can last a bit longer. This does not mean that there is anything wrong. This will be evaluated at your first office visit following your procedure, and follow-up ultrasounds will be ordered as indicated.
2. Take Ibuprofen (between 400 mg and 800 mg at a time not to exceed three times a day), Tylenol (not to exceed 2 tablets/capsules every 4-6 hours), or another **OVER THE COUNTER** pain medication **as needed** for pain and inflammation for the next two weeks.
3. Applying ice to the inner thigh or calf is helpful for any mild pain that may occur during the first few days.
4. During the procedure, fluid is placed around the vein that is being treated. Some of this fluid may drip out of the treated area, for the first day or so.
5. You will be seen by a doctor or nurse practitioner within 4 weeks of your procedure.

Our doctors, nurse practitioner, and our staff are always available. Please call **(412) 469-1500** and ask to speak with one of the medical assistants with any questions or concerns. 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**

Patient Name \_\_\_\_\_ DOB \_\_\_\_\_

X \_\_\_\_\_ Date \_\_\_\_\_