

## Laser Vein Procedure Aftercare Instructions

Please be sure you understand these laser vein procedure aftercare instructions before you leave the hospital.

### Diet, activity and compression stockings

- **Do not drive for the next 24 hours after the procedure.**  
A friend or family member at least 18 years of age must accompany you home.
- Keep your leg raised when sitting for the next 24 hours.
- You may eat, drink and take your medications as usual.
- You may continue with your regular activities as tolerated, except:
  - Do not do strenuous exercise such as running, workout classes and cycling for 3 weeks after the procedure.
  - Do not lift anything heavier than 15 pounds for 3 weeks after the procedure.
- Please wear your compression stockings as follows:
  - **Week 1:** Please wear the stockings **continuously for 1 week.** Remove them only to shower beginning the day after the procedure.
  - **Weeks 2 and 3:** Please wear the stockings during your waking hours. You may remove them at night to sleep.
- You may shower beginning 24 hours after the procedure. Please do not take a tub bath or swim in a pool for 1 week.

*If you have any questions, please ask your physician or nurse.*

### Wound care and pain management

- You may remove all bandages in 24 hours **except for the Steri-Strips™ (tape strips) over the incisions.** If you have Steri-Strips, they will fall off in about 1 week.
- Some bruising and a firm lump around the treated area is normal.
- As your leg heals, you may notice discomfort, tightness or pulling. This is normal.
- These medications will help your discomfort:
  - Naproxen sodium (Aleve®) 220 milligrams (mg) – Take 1 tablet 2 times a day with food for 14 days after your procedure. Please take this medication even if you do not have pain.
  - Acetaminophen (Tylenol® Extra Strength) 500 mg – Take 1 tablet every 6 hours as needed for pain.

## When to call

Call the Vein Center if you have any of these symptoms:

- A tender, red area on your leg
- Increased swelling of your leg
- Pus or drainage from your leg incisions
- A temperature more than 100.4 degrees F or chills

## Follow-up care

- Return to the clinic in 1 week for your follow-up visit and ultrasound test.  
Date \_\_\_\_\_ Time \_\_\_\_\_
- If you have any questions or concerns, call 312.695.VEIN (312.695.8346), TTY 312.926.6363. If you need to reach a physician at the Vein Center outside of normal business hours for an urgent issue, call the hospital operator at 312.926.2000, TTY 312.926.6363, and ask for the on-call interventional radiology fellow.