

LEG CARE AFTER YOUR VEIN CLOSURE

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 frequently during the day. Walking will help the leg's recovery process. Avoid sitting in a chair for greater than 20 minutes at a time.**
- 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 a minimum of 14 days, put them on as soon as you get home. Take them off to shower but leave them on the rest of the day and night. You do not have to wear them to sleep.**
- 8. If you experience bleeding or substantial pain, give us a call at 876-9720.**