

# Discharge Instructions for Endovenous Laser Ablation Treatment



1. Resume your normal medications, unless instructed otherwise by your physician.
2. Leave the elastic dressings on your leg for 48 hours. If the dressing feels too tight, you may loosen the dressing a little bit. Leave the ace wraps in place the first night and all day the following day, removing the wraps and dressing at bedtime the day *after* surgery.
3. You may walk around, but avoid sitting or standing for prolonged intervals. While lying down, elevate your leg on one or more pillows.
4. You may shower to wash off any stain after 48 hours. Leave the paper steri-strips on your wound. You may place a band-aid over the wounds if you wish.
5. Wear support stockings during the day as much as possible for the next two weeks. Pantyhose styles are the best. If preferred, men may re-wrap the leg with the ace wraps, wrapping from the ankle to the groin with both of the wraps provided.
6. You may resume normal activities after two to four days, depending upon your leg discomfort. It is normal to have some discomfort along the course of the treated vein.
7. You may resume your full exercise schedule within two weeks, adjusting your schedule if your leg is still painful. If you exercise vigorously or walk several miles a day, continue to wear your support stockings for one month (especially while you exercise).
8. You will have a follow-up office visit within two weeks, and will have a follow-up ultrasound test at this time. We will ask you to return again at two months, six months, one year, and two years from your surgery date in order to be sure that the long-term results are satisfactory.
9. Avoid soaking in hot tubs or spas for at least four weeks after your operation.
10. For the next six months, if you travel by car or airplane for longer than one hour, please wear your support stockings or re-wrap the leg with the ace wraps. You are at increased risk of developing blood clots in the deep veins of your leg if you are immobile for an extended interval.
11. If you need additional spider vein treatments, Dr. Miller will explain what can be done and how we eliminate spider veins. Because insurance will not cover this treatment, Dr. Miller will give you the cost to treat each leg. He determines a one-time fee for each leg, which is good for at least three treatments up to one year.
12. If you should experience difficulty breathing, bleeding that you feel is excessive, persistent nausea or vomiting, any pain that is unusual, swelling or fever, please call our **on-call nurse** at **(803) 394-5219**. If you do not receive an answer for any reason, please call your nearest hospital emergency room for advice or assistance.