



1324 Princess St
Kingston, ON K7M 3E2
Website: www.ucosmetic.com
Email: nuyu@ucosmetic.com
Phone: 613-536-LASR (5277)
Fax: 613-536-5108

Dr. Kim Meathrel, MD, FRCSC, Plastic Surgeon, Associate Professor of Surgery, Queen's University
Dr. Caroline Sangers, MD, CCFP, Cosmetic Medicine, Family Practice, Emergency Medicine

Endovenous Laser Therapy POST OPERATIVE INSTRUCTIONS

When you leave the office you will have a dressing over the access site (near your knee) covered with a dressing under your compression stocking. You will keep this dressing on for **48 hours**. The dressing must stay dry. Only take sponge baths during this time. The compression stocking(s) must be worn for **14 days** - day and night for **7 Days** and daily for the rest of the **14 days**. You may remove the stocking to bath after the first 48 hours then put it back on.

Some bleeding and oozing is normal at the access site. **Do not be alarmed**. If the bleeding continues and becomes completely soaked apply pressure immediately and call the office.

You may have some discomfort following surgery. We will prescribe a prescription for pain medicine to be used as needed and an anti-inflammatory to be taken as ordered for 7 days. ***If you are having extreme discomfort, bleeding or ankle/foot/leg swelling notify the office immediately.***

You may return to your normal activities the next day except for prolonged standing, strenuous or high impact exercise and travel. Walk **twice daily** for **20-30 minutes** for the next **2 weeks** to decrease the risk of blood clots and other complications. Options during bad weather include the mall, your apartment building or home or various sports centres around town.

Inflammation and pain may occur 3 to 4 days after the procedure on the inner aspect of your thigh. This inflammation is part of the process and is to be expected. Bruising, lumpiness and soreness will generally resolve within 1-2 weeks. Walking and taking your anti-inflammatory medication as prescribed will help to alleviate the discomfort. Ice may also be applied for 15-20minutes intermittently throughout the day.

After **48 hours** you may remove all of the inner dressings. ***You will notice a significant amount of bruising along the inner thigh. This is to be expected.*** If there are steri-strips covering the small incision where the vein was accessed do not remove them until **day 5**.

After the dressing has been removed you may shower and wash the leg as normal even with the steri-strips

After the procedure you should also:

- return to normal daily activities the next day, with the exception of prolonged standing, and strenuous activity for **2 weeks**

- then gradually resume exercise routines according to how your leg(s) feel
- avoid hot tubs and extended hot baths or showers indefinitely
- should take an anti-inflammatory (**naproxen 500mg twice a day** or **ibuprofen 800 mg 3 times per day**) for **7 days**
- remove the stocking if you are experiencing numbness, tingling, cramping or pain in your foot or calf and notify the clinic
- call the clinic if you are experiencing leg/foot/ankle swelling, chest pain or shortness of breath, fever, chills, discharge or redness at the entry site of the catheter
- inform the clinic if you are admitted to hospital within **10 days** of the procedure
- strictly avoid long automobile or plane trips for **1 month** after the procedure

Some patients will need sclerotherapy for remaining varicosities. This can be arranged at follow-up visits. Annual follow-up may be required.

We will do a follow up phone call within **1 week**.

After **1 month** we will recheck you on _____ at _____

Bring your compression hose to all appointments.

Post op Pain Medicine as needed: _____

Contact the clinic at anytime if you have questions.
 We are here to help you and to make your experience a pleasant one.

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