



# Endovenous Laser Ablation

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## What are my preoperative instructions?

- You will be wearing 30-40 mmHg compression hose for the next **two weeks**.
- After your procedure, we applied the following dressings to your treated leg:
  - Steri-strips (small, thin tapes) have been placed over the access site and over all puncture sites.
  - Folded gauze has been placed over the Steri-strips, along the course of the treated vein and taped to your skin.
  - 30-40 mmHg thigh-high compression stockings have been placed over the gauze.
  - ACE bandage along the course of the treated vein has been wrapped on top of the stocking.
- **Do not remove** these dressings for the next 4 days (and 3 nights). However, you may re-wrap your ACE bandages as necessary. Additionally, be sure to wear your stocking as instructed after the procedure. Do not let it slide or roll down your leg.
- On the fourth night, you may remove your ACE bandage(s). You may remove the compression stocking and gently remove the taped on gauze. The gauze may need to be soaked off in the tub or shower if it is not easily removed. Steri-strips may or may not fall off at this point. If they do not fall off, leave them in place and they will eventually fall off.
- On the fourth night, you may go to bed without the stocking. If you prefer to wear the stocking to bed, feel free to do so - many people find they are more comfortable wearing the stocking to bed.

- After the fourth night, you will only need to wear the stockings during the day for the remainder of the 2 week time period.
- **Wearing your compression stockings as directed is very important** because it decreases the risk of blood clot, bruising and discomfort. It also prevents the treated vein from re-opening.

### **What adjustments should I make to my activity level?**

- Unless otherwise directed, you may resume normal activities, including walking, driving and working, immediately.
- For the next **two weeks**:
  - You must accumulate 60 minutes of walking every day.
  - If you are sitting for more than one hour, be sure to get up and walk for 5-10 minutes.
  - If you are standing in one place for more than one hour, be sure to sit down and elevate your treated leg for 5-10 minutes.
  - **Avoid** extremely hot baths, hot tubs, and saunas.
  - **Avoid** high-impact activities such as aerobics, jogging, running, and leg weight lifting.
  - **Do not lift** more than 20 pounds.
  - **Avoid** air travel.

### **How can I manage my pain?**

It is normal for the treated vein to be tender to the touch. There will also be bruising. You may take Tylenol (acetaminophen), Motrin (ibuprofen) or Aleve (naproxen) for pain. You may also receive a prescription for narcotic pain medication that may be taken as directed, if needed.

### **Will I have a follow-up appointment?**

You will have a follow-up appointment for an ultrasound in 5-7 days. Please be sure to wear your compression stocking to that visit.

If you have any questions or concerns, please call our office at (734) 432-7662  
or your physician:

- Dr. Cummings:\_\_\_\_\_
- Dr. Pavone:\_\_\_\_\_

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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