



Instructions for patients after Laser treatment of Varicose Veins

EVLT

General Remarks:

- Some bruising might appear over the treated vein, this is quite normal and will disappear within two weeks.
- You must undergo an ultrasound of evaluation after 48 to 72 hours.
- Avoid all types of massage on the thighs or legs for three weeks following the procedure
- Use the prescribed medications exactly as requested.
- Call your doctor immediately in case of any of the following: New un-expected complaint, things are not improving, or something is getting worse.

Days 0-5:

- You should not stay in bed or in a chair for a long time without moving.
- Wear stocking during first forty eight hours non stop, but you can take them off for shower or bath
- You can remove any dressings and there is no problem in getting a shower
- Make sure to walk few minutes every hour during day time

Days 5-10:

- You should not air-travel.
- Use physical activity in moderation.
- Avoid lifting heavy objects.
- If you still have some pain and tenderness over the treatment area, this is normal and you can use mild over-the-counter analgesics