

THE VEIN CENTER

AT SAVANNAH VASCULAR INSTITUTE



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LASER PROCEDURE DISCHARGE INSTRUCTIONS

1. No driving on the day of the procedure if you had any sedation.
2. Maintain a normal level of activity beginning the day of your procedure. Walking is encouraged and helps prevent potential complications. Avoid prolonged standing or sitting for the first few days and try to elevate your legs as much as possible when you are not walking. This is particularly important in the first 24 hours.
3. Avoid squatting, heavy lifting, aerobic activity, running for three days.
4. Wear your compression stockings and thigh ace wrap for the first day and night following the procedure. The following day, you may remove it to shower and then replace it during the day while you are on your feet for the next 5 days.
5. You should expect some discomfort for the first week. This may increase and feel like a “pulling sensation” along your inner thigh. If you are not allergic, you should take Ibuprophen (400-600mg) three times a day (brand names Motrin, Nuprin, Advil) for one week.
6. Please call our office at 912-350-VEIN if you have any questions or concerns.
7. You should call if you experience severe pain or swelling, fever, bleeding or difficulty walking.
8. Follow-up appointment is scheduled for _____.

FREQUENTLY ASKED QUESTIONS & ANSWERS

Q: The area around the entry site on my leg feels firm. Is this normal?

A: Yes. You may have swelling because of the injections of fluid or you may still have trapped blood in remaining veins. This may last for several weeks and may cause localized tenderness. The body will absorb and soften these areas.

Q: How much bleeding is abnormal?

A: A small amount of oozing is normal; however, it should not saturate the dressing applied to your leg. This should stop with elevation of your leg and with mild, direct pressure. You may notice clear fluid oozing from the puncture sites on your leg as well, this is normal and nothing to worry about. Bleeding after laser surgery is very rare. If this were to happen, apply firm direct pressure over the site for about 15 minutes. If it doesn't stop please call our office.

Q: My leg is very bruised. Is this normal?

A: Bruising varies from individual to individual. You will usually begin to notice the bruising the day after the procedure and in most cases this will completely resolve in two weeks.

Q: How long does my leg stay numb?

A: The local anesthetic injected into your leg along the vein will usually wear off in an hour or so.

Q: The area around the entry site on my leg is slightly swollen is this OK?

A: Some people will experience mild swelling and slight discomfort at the entry site. This is normal and will usually resolve within one to two weeks.

Q: I had my procedure done 1 week ago and the skin on my leg appears red. Is this normal?

A: The skin along the vein treated may appear slightly pink almost like a mild sunburn or black and blue. However, it should not be red and "angry" appearing. Please call the office if you experience increasing redness.

Q: I feel a "pulling" sensation along the vein that was treated. Is this normal?

A: Yes, this is common and should be mild in nature and should not interfere with your normal activities. This may begin 2-5 days after the procedure and can last for a few weeks.