

## *Post Operative Instructions*

### *Vein Closure*

- *Wear compression stocking for 14 days (some people wear them longer due to comfort reasons)*
- *Sleep in the hose for the first 3 nights.*
- *Band aid and the wrap may be removed after the first 3 days.*
- *The treated leg shouldn't get wet for the first 3 days. Refrain to sponge baths or placing plastic over the leg while in the shower.*
- *Most discomfort can be relieved by Advil or Tylenol.*
- *Some inflammation, tenderness and a little tingled is common.*
- *If there is any excess bleeding don't be alarmed. Elevate your legs above your heart. Feel free to call us if you are having extreme pain or bleeding.*
- *No sun during the healing process (two weeks).*
- *Sun screen is important on a regular basis but is mandatory for the first 2-3 months after the laser ablation.*
- *Walk, walk, walk. 20 minutes twice a day is encouraged. Avoid strenuous exercise such as aerobics, weight training, or running for about 2 weeks.*