

Marina Laser Vein Center

Vein Treatment Post-Procedure Instructions

Immediately after treatment:

- ❖ A compression dressing will be placed on the treated leg immediately. This must be worn continuously for two days. After that, the dressing should be removed and a thigh-high compression stocking must be worn continuously for the next five days.
- ❖ Walking as much as possible is recommended. This should be at least a 30-minute brisk daily walk. Avoid prolonged sitting or standing. If resting, elevate the leg above your heart.
- ❖ If the stockings don't stay up, wear regular pantyhose over them. Dark pantyhose will hide the neutral color of the stockings.
- ❖ We do not recommend jogging, high-impact aerobics, sit-ups, squats, or weight-lifting over 10 pounds for at least one week.
- ❖ You may return to work the next day, depending on how you feel.
- ❖ After the one week post-procedure ultrasound, continue to wear the stockings during the day for one month.

After Effects:

- ◆ Itching and soreness/aching under the stockings are fairly common.
- ◆ Benadryl or Claritin work well for itching.
- ◆ Advil, Motrin, or Aleve are good for soreness and aching; avoid aspirin since this may increase bruising. Aching is more common with larger treated veins.

Call our office at (310)846-4535 if you experience:

- Pronounced swelling of the leg
- Severe pain
- Blue or very cold foot
- Hives or blisters