

Post Operative Instructions
Endoluminal Laser Varicose Veins Treatment.

- **Compression Stockings - Thigh high, class II (20-30mmHg)**
 - Wear the stockings **and** bandages until day 3.
 - After 3 days, remove the bandages and re-apply the compression stocking only.
 - You will have a check Duplex scan one week post procedure.
 - The stocking should be worn night and day for 7 days from the date of the procedure.
 - The compression stocking should be worn for the next 7 days **at least** during the day, and it can be worn at night if this provides comfort.
 - Minimum total time wearing compression stockings – 14 days.
- **Exercise**
 - Walk for 30 minutes immediately after the procedure.
 - Walking is encouraged.
 - Attempt to put your leg up when not walking if possible.
 - Activities of normal daily living are permitted.
 - Avoid strenuous exercise for 2 weeks – e.g .Running, Gym work.
- **Showering**
 - On the 3rd and subsequent post procedure day, you may remove the stocking and have a shower.
 - Gently pat the leg dry (avoid rubbing) and then immediately replace the stocking.
- **Anticipated post procedure course.**
 - It is normal to experience some firmness, tenderness, bruising and ache on the inside of the thigh (or behind the knee if this was where the vein was treated) and around the varicose veins.
 - Unless you have been advised otherwise, panadol or panadeine, or a non steroidal anti-inflammatory (NSAID) medication such as Nurofen can be taken to alleviate this discomfort.
 - Other medication as prescribed and your normal medication should be taken.
 - Small spots of blood on the dressing/stocking is normal – however, ongoing bleeding is abnormal.
 - You should not take international flights or domestic flights longer than 4 hours for the next 6 weeks.



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- **Problems and Concerns**

- If you experience any of the following, you should seek immediate medical attention, either with your local medical officer or the nearest emergency department:
 - Severe pain
 - Swelling
 - On-going bleeding
 - Foot or leg skin discolouration (eg. blue discoloration, severe pallor)
 - Numbness or tingling of the leg or foot
 - Weakness of the leg or foot
 - Other significant symptoms
- If you have other concerns, contact my rooms on **9576 1491**.
- In the case of severe concerns, call an ambulance.

- **Follow-Up**

- A follow-up duplex scan and review appointment should be made for the next 2-6 weeks.
 - An earlier appointment may be made and discussed with you.
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