



Laser Vein Treatment Post-Op Instructions

Treatment Day & Up to 2 Weeks Post-Procedure:

You may resume normal activities immediately, but keep in mind that you might experience discomfort and bruising along the course of the treated vein. The bruising may be extensive in the thigh, but typically resolves in 1-2 weeks. If you find that you need to take something for pain relief, we recommend starting with 400mg of Ibuprofen every 6-8 hours, taken with food. If you are unable to take non-steroidal anti-inflammatory drugs due to an allergy or other medical condition, it is acceptable to take Tylenol instead; up to 500mg every 12 hours. If the pain you are experiencing seems severe (i.e. you cannot sleep or walk due to the pain) and it is not alleviated with the aforementioned medications, please call our office or answering service for further assistance. Typically with the phlebectomy portion of treatment, lighter activity levels may be warranted due to discomfort which is most likely to be experienced for the first 48 hours following treatment.

Activity Restrictions: we typically recommend waiting 7-10 days before resuming a routine exercise program (i.e. running, weight lifting, cycling, etc.) We also recommend that you abstain from lifting anything over 20lbs. for the same timeframe. Until then, a modified workout is recommended (ex. walking is encouraged, treadmill use is fine – avoid an incline, no running or vigorous activity, no weight bearing exercises specific to the legs and/or arms as that exerts extra force onto the lower extremities). This is recommended because the vein is in the healing process, and any additional force may cause the treated vein to reopen.

Our procedures are performed in a sterile environment in an effort to reduce the risk of infection. The risk of developing an infection as a result of these procedures is extremely low, however to further reduce the risk, we ask that you abstain from soaking in water (i.e. pools, hot tubs, or bath tubs) for 7-10 days after the procedure as this is the span for which you are most susceptible to infection.

A sensation of tightness or pulling along the length of the treated vein is normal and to be expected. Prior to treatment, the veins are very flexible. However, once treated, the vein contracts and becomes scar tissue (typically perceived as a cord-like sensation). This can develop 1-4 weeks after treatment and resolves over time. Areas of inflammation can be common after treatment; these areas are red, swollen, tender and typically have an associated warmth sensation. As the treated vein closes, it can cause an inflammatory reaction. This can occur within 1 week after laser or radiofrequency ablation treatment.

Feeling hardened, tender knots in the areas of treatment is also normal; especially after having an ambulatory phlebectomy performed. We typically refer to this as “trapped blood”, and it occurs when blood is trapped within the treated vein and clots. These are not usually dangerous to your health, however they can be tender and warm to the touch. To relieve discomfort and promote the healing process, we recommend applying a warm, moist compress a few times a day, along with gentle massage. This will help to assist in the natural re-absorption of these areas (without intervention this will still occur, however these recommendations will expedite the process). If you notice warmth or redness in the leg that is associated with severe pain (particularly when walking), fever or increased swelling in one leg that is new, please call our office or answering service immediately, as this could indicate a deeper blood clot (DVT) or infection. Some patients may experience a decrease and/or a loss of sensation localized to the treatment area, especially along the shin bone and/or ankle region. This is due to nerve irritation, and will resolve gradually throughout the healing process.

Skin discoloration can occur when the treated vein lies close to the surface of the skin. Once treated, the byproducts of the blood are absorbed by the overlying skin and they possess a staining component. Throughout the healing process this will lighten, though it can take several months depending on the size of the vein.

Surface veins referred to as spider or reticular veins may remain after treatments. This could be due to many factors. In addition, some veins require multiple treatments (to the same vein) to completely make that vein disappear. We will reevaluate these veins at the one month follow-up to determine whether or not more treatments are warranted.

One Month Post-Procedure:

Healing is still occurring, therefore continued improvement in your symptoms will take place. It is likely that some swelling may be visible but should diminish more within the next 3-6 months. Some patients still continue to feel a “tight” sensation in the treated vein, which is still normal at this point in the healing process, though it should start to diminish. Residual knots/trapped blood areas are possible, however you may notice that the tenderness that you initially felt in the area is starting to decrease. This is still normal, and continuing with warm compresses and gentle massages is recommended, as indicated previously.

Around this point in time you may be scheduled to come in for your one month post procedure follow-up. Whether or not further treatments are needed will be determined based on each patient’s individual symptoms.

Six Month Post-Procedure:

Most people find that any residual symptoms from the procedures (numbness, discoloration, hardened areas, etc.) will have resolved, or significantly reduced at this point in the healing process.

If you notice these symptoms are worsening in any way, or if new symptoms appear (such as aching pain, swelling, heaviness, fatigue, etc.) we recommend you make a follow-up appointment, as this could indicate underlying venous disease that may need to be treated.

Beyond Six Months:

Venous insufficiency is considered a chronic and progressive disease process, therefore we have eliminated those veins that were initially seen to be refluxing, or not moving the blood properly. In time other veins may become dysfunctional, which is why we provide a surveillance service to our patients. We recommend reevaluation at the one month, six month, and one year mark post-procedure. After the first year is complete, you will need annual follow-up appointments. If at any time throughout the process you develop new or worsening symptoms, you should contact the office to make an appointment for evaluation.

If you have any questions or concerns following your procedure or before your return appointment, please call our office at (408) 865-1777. Your care and comfort is our number one priority.

I understand the post treatment instructions and what to expect following my laser vein treatment procedure.

Patient Name: _____

Patient Signature: _____ **Date:** _____