



TOTAL VEIN CONCEPTS



Greenbrier Healthplex
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Phone (757) 893-1413 ♦ Fax (757) 466-8017

ENDOVENOUS LASER DISCHARGE INSTRUCTIONS

1. Keep the leg elevated when sitting for the first 24 hours. Remain active. Walking 20-30 minutes daily is recommended.
2. Do not drive for 24 hours.
3. There are no diet restrictions.
4. The day of the procedure, you may return to normal daily activities with the following restrictions: no heavy lifting or aerobic activity for one week.
5. The compression stocking is to be worn for 24 hours for the next week, removing to bathe only beginning after bandages removed at first follow-up visit. Cover with waterproof covering while steristrips still on. The second week after the procedure the stocking is worn during waking hours only. During the third week wear stockings during prolonged standing, (and as needed/prescribed).
6. You may shower beginning 24 hours after the procedure. No tub baths until the Steri-Strips are removed. Avoid hot tubs and long hot showers for 2 weeks.
7. DO NOT remove the Steri-Strips. They usually fall off on their own.
8. Bruising is normal. You may feel a “pulling sensation” and/or leg discomfort for the first week after the procedure.
9. Pain Medication:
 - Motrin 600-800mg every 4-6hours.
 - Extra Strength Tylenol two tablets every four hours as needed for pain.
10. Make a follow-up appointment for 2 days, 1 month, 3.5 months, 6 months, and 1 year after the procedure.

Please call the office at (757) 282-4045 with any problems or questions, or page Scott Pianin, PA-C at (757) 670-3107 until 5:00 PM Monday – Friday. After 5:00 PM, please call 893-1400 and ask to speak with the on-call Radiologist.