

Great Lakes Comprehensive Vein Specialists

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POST-OP INSTRUCTIONS FOR VENACURE LASER

1. You must wear the hose for **3 days & nights** removing for showering only. Then wear the support hose for the next **7 days** during the day, removing for showering and sleeping.
2. Shower 24 hours after your procedure and remove the dressings at this time.
3. **Wash incisions daily with soap and water.**
4. What to expect: *Bruising, hard knots or bumps and tenderness are normal.* You may experience a “pulling” sensation or discomfort after the procedure. Depending on where we get into your vein you may experience some numbness around the ankle and/or shin.
5. *Most often the discomfort is worse around the 7 to 10 day point.*
6. It is recommended that you take 400 to 600 mgs of Ibuprofen 3 to 4 times a day (usually comes in 200mg over the counter). **Always take with food or milk.** You may need the Ibuprofen for inflammation up to 2-4 weeks post procedure
 - a. Laser Procedure patients need a follow up ultrasound 3-5 days (20-30minute) after their procedure and a 30 day follow up ultrasound and PA/Doctor visit.

******NORMAL WALKING IS ENCOURAGED EVERYDAY******

DAY OF PROCEDURE AND THE DAY AFTER

You may be up doing normal daily activities for 2 hours then sit and elevate for one hour.

For one week no:

NO STRENUOUS ACTIVITY-BIKING, SKIING, SWIMMING, HORSEBACK RIDING, GARDENING INVOLVING BENDING AT KNEE, POWER WALKING, JOGGING, RUNNING, WEIGHT LIFTING, REPETITIVE BENDING WITH KNEE OR ABDOMEN,

NO Hot Tubs.

NO restrictions after one week.

***** PLEASE FEEL FREE TO CALL IF YOU HAVE ANY QUESTIONS OR CONCERNS *** 231-487-9090**