



## Post-Procedure Instructions:

# VenaSeal / Endovenous Laser Therapy (EVLT)

### **Immediately after Treatment:**

- Your compression stockings will be applied for you immediately following the procedure. These must be kept on at all times for the **first 48 hours**. This means that you can only sponge bathe - no showering.
- After the first 48 hours:  
  
For EVLT – stockings must be worn for another 2 weeks, during the day only.  
  
For Venaseal – stockings can be worn for 1 week or not at all if preferred.
- We encourage you to take anti-inflammatories, such as naproxen (e.g. Aleve or Naprosyn) 220 mg twice a day **OR** ibuprofen (e.g., Advil or Motrin) 200 mg three to four times per day, for up to 10 days post-procedure. If you have any pain or discomfort, you may take Tylenol in addition to the anti-inflammatories. If you have known chronic kidney disease or a history of stomach ulcers, please only take Tylenol (no Advil or Aleve).
- Please stay active following your procedure – we encourage you to take walks throughout the day.
- Caffeine consumption can now be resumed.
- Venixxa (MPFF) has been shown to decrease bruising and discomfort after EVLT and can be purchased over the counter without a prescription.

### **First 48 Hours after Treatment:**

- After 48 hours, you are to remove your stockings and/or bandages and shower. Please wash your stockings regularly to refresh the compression and maintain cleanliness.
- You are encouraged to walk and resume normal daily activities.
- Avoid major physical activity (e.g. weight lifting or long distance running) for the first week.

### **48 Hours to Two Weeks:**

- Tightness or discomfort (e.g. a 'pulled muscle' sensation) is normal and can be relieved by walking.
- If you notice redness or significant discomfort over the vein, continue to take anti-inflammatories.
- **PLEASE DO NOT** book any long distance air travel and/or car rides during the first two weeks post procedure



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### Two to Eight Weeks:

- During this time frame, your vein branches will continue to shrink and disappear. Any symptoms you may still be experiencing will progressively improve.
- Between 6-8 post-procedure, we will schedule a follow-up appointment to assess your leg(s) and decide if any additional treatment is necessary. If there are residual bulging varicose veins that did not disappear after EVLT, we will perform injections (sclerotherapy) to eliminate them. However, we do not treat spider veins.

**\*Please remember to bring your stockings to all future appointments.**

### A few things you may notice during the healing process:

- **Bruising** may occur the same day as the procedure, or after. In most cases, bruising will disappear after 2 weeks, but could remain longer. Apply ice packs (for 15 minutes every 1-2 hours) on top of stockings to alleviate symptoms for the first 48 hours. After 48 hours, switch to warm compresses. Arnica gel (over the counter) also helps with bruising.
- **Stiffness**, minor swelling, and redness due to a prolonged inflammatory reaction to the laser/ glue, and/or discoloration may occur and will progressively improve.
- **Lumpiness** - you may develop lumpy areas along the treated vein which are tender. They are a normal part of the healing process. They will improve over time and with warm compresses.
- **Persisting veins** - while varicose veins will likely be significantly smaller after the first week of treatment, do not be discouraged by persistent veins. They should continue to get smaller over the next 8 weeks. Additionally, the procedure may not have gotten rid of all varicose veins - this is to be expected. Any remaining veins can be treated with injections at your follow up appointments.

If you have any questions or concerns post-treatment, please do not hesitate to call our office at (905) 825-8272.

We will be more than happy to assist you.