

# Albuquerque Vein & Laser Institute

## Postoperative Instructions

Bandages/Dressings: Following surgery your leg will be bandaged, then covered with your compression stockings. Please leave these dressings in place until we remove them 24 hours after surgery.

Stockings: Compression stockings are crucial to the success of your treatment. Their proper use will result in less pain and a better outcome. They will be worn for 3 weeks total and should be worn as follows:

- First two days: Two stockings on the treated leg in the daytime, one stocking at night. *You will never sleep with two stockings on one leg.*
- Days 3-21: One stocking on the treated leg in the daytime, no stocking at night.

Pain: The best way to describe the post operative pain is “sore.” Pain is worst the first few days and again at the one week mark. Most pain should be gone by two weeks. Your legs will also be bruised. If your leg hurts, check your stockings. Pain will result if the stocking slides down and bunches behind the knee or if there is any fold or crease in the stocking. Any pain in the foot is from the stockings and can often resolve with adjusting the stockings. Walking also resolves most pain. Take 600mg of Ibuprofen every 6-8 hours (with food) as needed for pain. Apply Arnica gel to the leg as often as you please (most patients do it just twice a day) as this will soothe the leg and help resolve the bruising. You may notice little lumps or bumps under the tiny incisions where we removed bulging veins or where veins were injected (endovenous chemical ablation). This is normal and will disappear over the course of months.

Activity: Normal activity can be resumed immediately, but strenuous exercise can cause the vein to reopen, so please avoid vigorous activity and weightlifting >50 lbs for 14 days. You may bathe after your dressings are removed after the first 24 hours. Showers are okay, but sitting in hot baths or hot tubs should be avoided for 14 days. You must walk at least 30 minutes daily after surgery. If possible, avoid prolonged car/air travel for 7-14 days after treatment.

Concerns: As with any procedure, problems can develop. If you develop a fever (more than 101.5 F or 38.5 C) or severe worsening pain/swelling, please call our office or after hours call Dr. Cutchen directly at (505) 507-4934 .

Follow-up: All patients are seen 24-48 hours after surgery and again 6 weeks after surgery for a repeat ultrasound to investigate if further treatment is necessary.

