

POST LASER INSTRUCTIONS

Stockings:

- You must wear the stockings for 2 days with the dressing continuously. (no showers or cover dressing with a bag)
- After 2 days, you may remove the stocking and dressing, cleanse the area well in the shower and wear the stocking without the dressing for an additional 5 days.
- After 2 days, you may take the stocking off each day to shower, or shower with the stocking on and dry it using a hair dryer. ***PLEASE TAKE CAUTION WHEN GETTING IN AND OUT OF THE SHOWER, STEP WITH THE LEG THAT HAS NO STOCKING FIRST AS IT MAY BE SLIPPERY***
- You must continue to wear the stocking for a full week day and night for best results.

Ice Pack:

Apply ice pack directly over the treated vein to reduce swelling, bruising and pain, particularly for the first few days at least 3-4 times a day or as often as possible.

Medications:

Take your anti-inflammatory (ibuprofen we ordered, or may use Tylenol, Advil or Aleve) for the first 7 days, 2 times a day with meals. You may take ibuprofen every 4-6 hours if you continue to have pain. You may take the ibuprofen beyond the first week if pain continues. (do not take on an empty stomach or if you have upset stomach after taking ibuprofen or if you are on **Coumadin**). You may take one Ultram (tramadol) every 6-8 hours if the pain is not relieved with Ibuprofen, however, this is a narcotic and should be used sparingly.

Activity:

Following the procedure, routine activity is expected. Walking is actually good for venous pressure in your legs. However, it is very important that you **do not stand still or sit with your legs not moving for more than 2 hours.**

THING TO KEEP IN MIND:

- Avoid the sun while bruised. If you must be in the sun, use sunscreen (at least SPF 30) on your legs and cover the bruised areas, if not, the bruising may last for months.
- Avoid hot tub baths (regular showers are allowed)
- Avoid lifting over 30 lbs and jumping or running.
- Avoid sports like tennis, volleyball or football for 2 weeks.

IF THERE IS ANY FEVER, SEVERE PAIN NOT RESPONDING TO MEDICATION, BLEEDING, BLUE COLOR OF FOOT OR SWELLING GREATER THAN 1 ½ TIMES NORMAL SIZE, CALL US AT 386-304-3404 BETWEEN 9-5 Mon-Fri.

AFTER HOURS: CALL DR. SINGIREDDY at 386-453-4887.

IF YOU EXPERIENCE SHORTNESS OF BREATH OR CHEST PAIN, REPORT TO THE NEAREST EMERGENCY ROOM.