

*Venus Vein Center*  
*1101 Laurel Oak Road*  
*Suite 120*  
*Voorhees, NJ 08043*  
*856-354-VEIN*

### Endovenous Laser Therapy Patient Discharge Instructions:

Your Endovenous Laser procedure is now complete and you may resume normal activities with a few suggestions and exceptions:

1. Walking will improve the recovery process. You are encouraged to walk at least 20 minutes every couple hours during the day.
2. Refrain from swimming or taking a hot bath for at least 72 hours following your procedure. You may shower and clean your treated leg.
3. No strenuous exercise for 72 hours following your procedure.
4. Do not fly within one week of your procedure.
5. Avoid excessive exposure to the sun during the next two weeks.
6. You will need to wear your compression bandage for the first 24 hours following your procedure without removing it. After the first day, you will need to wear a compression stocking for an additional 7 days. Remove them to shower, but leave them on the rest of the day and night.
7. Bruising, soreness, and a tightening sensation within 2-3 weeks following your procedure are normal. You may take over the counter pain medications for this such as Tylenol or Advil as needed.
8. Please resume all previous medications. If you are on Coumadin, please resume your specific dosage schedule.
9. If you experience any bleeding or unusual substantial pain please call the office at 856-354-VEIN (8346).

### Follow-up:

1. We would like to see you in our office within 3 days of the procedure. If this was not scheduled yet, please call our office to do so.
2. A baseline ultrasound will be scheduled for you 4 weeks after your procedure and a follow-up with the doctor in 6 weeks.

Specific Instructions for Patient \_\_\_\_\_

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Patient Signature \_\_\_\_\_

Patient Name \_\_\_\_\_ Date \_\_\_\_\_