

VEIN CENTER OF CENTRAL CONNECTICUT
23 Cedar Street
New Britain, CT 06052
860-229-8346 (229-VEIN)

PATIENT INFORMATION SHEET

LASER VEIN ABLATION

BEFORE YOUR TREATMENT APPOINTMENT

- Bring your compression stocking to all appointments. If the color of your toes becomes blue, the compression stocking is too tight and must be removed immediately. Call our office if this occurs.
- Wear your compression stocking daily for 6 - 12 weeks. Exercise three times a week (walking is fine.) Elevate your affected leg(s) at night.
- For the 5 days before your procedure do not take Aspirin, Advil, Motrin, ibuprofen, or other non-steroidal anti-inflammatory, Plavix, Coumadin or other anticoagulant medication, Vitamin E pills, herbals or home remedies. Multivitamins are OK.
- Your vein treatment is scheduled for _____.

THE DAY OF TREATMENT

- The day of your procedure, shower and wash your legs thoroughly, but do not shave your legs. Do not apply any cream or lotion to your legs.
- Please wear loose clothing and remove all foot and toe jewelry.
- Your leg will be prepped from groin to foot. Please note prepping solution may stain undergarments. Please bring an extra pair of underwear.
- Do not drink excessive amounts of fluids before the procedure.
- Take all daily medications with the exception of those listed above.

AFTER YOUR TREATMENT

- Make arrangements to have **someone else drive you home** after the procedure. You may resume driving tomorrow.
- Immediately after the procedure, your treated leg will be placed in the compression stocking. This must stay clean and dry. A small amount of oozing is normal.

- **Tonight remove the gauze bandages except for the lowest one. Wear the compression stocking continuously for the first day without removing. Then wear the stockings for the next 2 weeks, except while sleeping or showering.**
- At the end of the first 24 hours, you may shower. Take off the lowest gauze pad and replace with a band-aid. Keep the band-aid dry and change it every day for one week.
- You may continue your normal activities. You may return to work the same day.
- The first week, walk at least 15 minutes at least three times a day. **Do not stand or sit in one place for more than one hour.** No aerobics, heavy lifting (over 20 pounds) or strenuous physical exercise for 7 days following your treatment. No baths, swimming or jacuzzi for 7 days.
- Take any medications prescribed by your physicians. Today, start the nonprescription medication **Aleve** (naprosyn) two pills, twice a day with meals every day for two weeks. Aleve minimizes any inflammation or discomfort you may have after the procedure. If you get stomach discomfort from the Aleve, take **Pepcid** one pill twice a day.
- If you have any questions or concerns, contact our office anytime. Our staff is available to assist you. During the day (8 am to 5 pm), Monday through Friday, call 860-229-8346. Any other time, please call New Britain General Hospital, Radiology Department, **860-224-5556 option 1**, and ask for the Interventional Radiologist on-call.