



INSTRUCTIONS BEFORE AND AFTER ENDOVENOUS LASER TREATMENT

BEFORE

1. Please read your Patient Information leaflet regarding the procedure. If there is anything you do not understand, please ask for an explanation at the time of your giving consent.
2. You are scheduled to have endovenous laser treatment.
This is an out-patient procedure that will take approximately one hour and should not cause you any problems, so please, do not worry.
3. You must have a family member or friend to drive you to and from the Scottish Vein Centre Clinic. You will have a member of staff at your side all through the procedure.
4. It is important not to let your legs get too cold immediately before treatment, so we recommend you wear trousers or a track-suit and socks with closed footwear.
5. There is no need to come fasting, a light meal a few hours earlier is advised.
6. A recent bath or shower will suffice, but avoid any oily skin preparations or creams on your legs. We advise you do NOT shave your legs.
7. Bring an extra pair of cotton pants to change into after the procedure.

AFTER

1. Immediately after the procedure, while still on the couch, a compression bandage will be applied above and / or below your knee. This is to stay in place continuously for one week, and must not get wet.
2. Also, while still on the couch, a compression stocking will be fitted. This will have been specially measured for you at a previous visit and will be waiting for you at this appointment.
3. Our trained nurse will explain application and removal techniques to you and provide you with an instruction brochure.

4. You will need to wear the compression stocking day and night for the first week. Then it is only necessary to wear it during the day for the second week. The stockings come in pairs, so can be changed and laundered.
5. After the procedure you will be asked to walk around, have a drink, and relax for 15 minutes, before going home. You should not drive and if travelling by car for more than 1 hour, sit on the rear seat with your legs on the seat.
6. We encourage you to walk straight away after the procedure, and take regular exercise frequently to help the recovery process. Walking for 5 minutes every hour is reasonable, but keep on the move regularly.
7. Please refrain from vigorous exercise, like the gym or jogging, and avoid heavy physical work, for about two weeks.
8. Do not fly for the first week following treatment.
9. During the first few days you may feel some discomfort or tightness over the treated vein. To minimise this we recommend you take an anti-inflammatory drug, such as Nurofen, which contains ibuprofen. This is also a good painkiller. The adult dose is 400mg (either 1 or 2 tablets depending on type, please check packet) to be taken 8 hourly up to a maximum dose of 1200mg in any 24 hour period. We recommend that you take this for up to 3 days, as required. If you have a history of stomach ulcers, we advise you try paracetamol instead.
10. If any discomfort remains after 3 days you can take paracetamol. The adult dose of paracetamol is 500mg (1 tablet) or 1000mg (2 tablets) every 4 to 6 hours up to a maximum of 4000mg (8 tablets) in 24 hours. Always read the package instructions carefully.
11. We will arrange to see you about 4-6 weeks after the procedure. By then most of your varicose veins will have shrunk and many may have disappeared. If some remain these can be treated by injection. This is an outpatient treatment that we use to treat less severe and left-over varicose veins. The injection treatment replaces the multiple small wounds that are made in the leg to remove the lumpy veins during surgery.
12. If you have any problems with excessive pain or bleeding or leg swelling please do not hesitate to contact us at the number below. It is also reasonable to contact your GP for advice. If you need to see your GP , please take this and any other information we have provided with you.

**Emergency contact number;
07366591367 ; Scottish Vein Centre**

