

Vein & Laser Center of New England

45 Resnik Rd, Suite 305

Plymouth, Ma 02360

Phone 508 747-1333

Fax 508 747-2850

Patient Information Sheet for Laser Vein Closure

Before your procedure:

- Do not take aspirin, Plavix or Coumadin at least five days prior to the procedure
- Shower on the day of the procedure. Do not apply cream or lotions
- Do not shave your legs just prior to the procedure to avoid discomfort under your dressings
- Bring high cut underwear or briefs with you on the day of the procedure. They may get stained from the surgical prep and should be disposable.
- You may eat a light meal prior to the planned procedure
- Make sure you understand your instructions regarding your preop medications

After your procedure:

- You can not drive home after the procedure. It is ok to have the person driving you wait at home for a pickup call
- Immediately after the procedure you will be placed in a tight elastic dressing or compression stocking. This dressing must stay clean and dry. A small amount of staining is common
- If you are comfortable, you may return to work even with the dressing in place
- You will be asked to return in 48-72 hours to have your dressing removed
- You must have made arrangements to have a thigh high elastic compression stocking available at the time of this dressing change. The stockings are available through our office but must be fitted prior to the procedure. They are also available at some local medical supply stores or pharmacies but a prescription is necessary
- Walking is encouraged. Standing for prolonged periods should be avoided. Elevate your legs when you have the opportunity
- Avoid hot tub baths or showers, heavy lifting or strenuous physical exercise for 7 days after the procedure. Such activity could promote reopening of the occluded vein
- *Wear your compression stockings when on your feet for 1-2 weeks following the procedure as instructed. Stockings compress the occluded vein and help to keep it closed. You may shower but if you remain on your feet the stockings must be put back on*

Post-procedure expectations:

- Discomfort will vary from patient to patient. Take your anti-inflammatory as directed.
- Normal activity, except for the noted restrictions, can be resumed during the first week depending on your level of discomfort
- Expect a moderate amount of bruising, swelling and discoloration.
- **Report any sudden intense pain or swelling that occurs during the post procedure period**

If you have any questions or concerns contact the Vein Center at 508 747-1333 or 508 746-2345

**After hours, beep Dr. Roupenian directly at 508 327-5552
Leave a short message with a call back number. If you do not get a response after 1hr, repeat the attempt or call 508 728-1127**