



LAKE AREA VEIN CENTER
AT SULPHUR SURGICAL

1920 W Sale Rd, Lake Charles, LA 70605
(337) 425-9300 — sulphursurgicalclinic.com

After Your Vein Procedure

Post-procedure instructions following EVLT and Varithena

Thank you for trusting Lake Area Vein Center with your care. Your procedure was minimally invasive, and most patients are walking and back to light activity the same day. The instructions below will help your treatment work as well as possible and your recovery go smoothly. Please read them carefully and keep this sheet handy for the next two weeks.

What to expect — this is normal

- Bruising along the treated vein for 1–2 months. It can look dramatic before it fades.
- Tenderness or a firm, rope-like feeling along the closed vein. This means the vein is sealing as intended.
- Mild aching or tightness in the leg for the first 3–7 days, especially in the evening.
- Small areas of skin discoloration that fade gradually.
- A small amount of pinkish-tan drainage or spotting from the catheter access site for the first day.

The first 24 hours

- Walk for 10–15 minutes every 1–2 hours while awake. Walking is the single most important thing you can do today — it helps the closed vein stay closed and lowers your risk of a blood clot.
- Keep your compression stocking on (see below).
- Drink plenty of water.
- Avoid sitting or lying still for long stretches. No long drives, naps, or movie marathons today.
- You may shower in 24 hours. No baths, hot tubs, swimming pools, or soaking the leg for 7 days.
- Eat your normal diet. Light foods are fine if you feel queasy from the procedure.

Compression stockings

After EVLT (Endovenous Laser Treatment)

- **Wear your prescribed compression stocking** continuously for the first 24 hours after your procedure (you can take it off briefly to shower after the first 24 hours).
- **After that, wear the stocking during all waking hours for 1 to 2 weeks.** You may take it off at bedtime.

After Varithena

- **Wear your prescribed compression stocking during all waking hours for 2 weeks.** You may take it off to sleep and to shower.
- If your stocking feels too tight, rolls down, or causes numbness in the toes, call our office — it may need to be refitted.

Activity

- Walk frequently — short walks throughout the day are better than one long walk.
- **No heavy lifting (over 25 lb) and no strenuous exercise for 1 week.** This includes running, cycling, weightlifting, yard work, and similar activity.

- **No air travel or long road trips for 2 to 4 weeks.** If travel is unavoidable, call us before you go so we can advise you.
- Most patients return to a desk job in 1–2 days. If your job involves heavy lifting or prolonged standing, talk with us about timing.
- Avoid hot tubs, saunas, and very hot baths for 2 weeks. Heat can dilate the veins and interfere with closure.

Medications

- **Take an anti-inflammatory medication (NSAID) — ibuprofen or naproxen — for 2 weeks** exactly as your physician prescribed. This is not just for pain; it is part of your treatment and helps the closed vein heal and reduces the risk of inflammation along the vein. Take it with food.
- You may also take acetaminophen (Tylenol) as directed on the label if you need additional comfort. Most patients need very little.
- **If you take a blood thinner** (such as aspirin, Eliquis, Xarelto, Plavix, warfarin, or another), **continue taking it on your normal schedule.** We intentionally do not stop blood thinners for these procedures.
- Continue all of your other usual medications — blood pressure, heart, diabetes, thyroid, etc. — exactly as you normally take them.
- A cool pack wrapped in a thin towel may be applied over the stocking for 15 minutes at a time during the first 48 hours.

Site care

- There are no incisions — only small catheter and injection sites that close on their own. Light bruising along the treated area is expected and will fade.
- Do not apply lotions, creams, or ointments to the treated leg unless we have told you to.

Follow-up

- **Your follow-up venous ultrasound is scheduled approximately 1 to 2 weeks after your procedure.** This is required to confirm that the vein has closed and to screen for any blood clots.
- Please do not skip this visit, even if you feel completely back to normal. Insurance coverage for any additional treatment may depend on it.
- If you need to reschedule, call (337) 425-9300 as soon as possible.

When to call us

Call us right away if you notice:

- Severe or worsening leg pain that is not relieved by your prescribed medications
- New or rapidly increasing swelling in the treated leg, especially of the calf
- Redness, warmth, or red streaking spreading along the leg
- Fever above 100.4°F or chills
- Drainage, pus, or foul odor from the catheter access site
- Numbness, tingling, or weakness in the foot or leg that does not go away

Call 911 or go to the nearest ER for sudden chest pain, shortness of breath, coughing up blood, or any sudden severe symptom.

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Office: (337) 425-9300 — After hours: call the same number and follow the prompts

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