

# ENDOVENOUS ABLATION THERAPY (LASER VEINS)



## Pre/post-surgery Information Sheet

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The surgery is a walk in - walk out procedure performed in the rooms.

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The compression stockings will be fitted immediately after your surgery.

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Post operatively, you will be asked to walk around the block for 20 minutes and then a practice nurse will perform a final check on you.

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Please, wear your compression stockings for five days continuously, day and night, followed by five days during the day only.

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You will receive Clexane injections for five days post procedure to minimise the risk of DVT. Our practice nurse will show you how to administer these to yourself (your partner or family member can also administer them for you). This is a straightforward process.

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Mobilisation is encouraged post-operatively. Strenuous exercise should be avoided whilst you are wearing the compression stockings. This includes swimming and lifting heavy weights.

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Most people would be fit to drive again the next day.

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Most people will return to work within 1 to 2 days.

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You may feel some hard lumps under your skin. This is entirely normal and resembles the treated vein. This will all slowly be absorbed by your body sometimes a feeling of a 'band' under the skin may persist for several weeks.

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Your post-operative follow-up will be two weeks after the procedure. At that time an ultrasound will be performed to check that the vein has closed off and to ensure there is no DVT. However, should you be concerned about anything please let us know and Dr Bond will see you earlier.

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The varices will continue to settle, and most will have completely disappeared. After six weeks, the remainder can then easily be injected with some foam.

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Lumpiness and brown staining (bruising) over the area where large veins were, can last for several months after the procedure. In some cases, the discolouration can last over six months, but it will almost always eventually fade. Very rarely pigmentation can persist long term.

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