

LASE Procedure

LASE (Laser Assisted Saphenous Endo-Ablation) Procedure: A varicose vein treatment in which a thin catheter is inserted into the vein through a small opening, using only a single needle stick or small incision. A fiber-optic filament is inserted into the catheter delivers energy to the vein wall, causing it to heat, collapse and to seal shut.

Risks: Failure to close the saphenous vein, leg swelling, bruising, phlebitis, numbness and tingling or skin burns as with any surgical procedure, additional risks include blood loss, infection, and clot formation in the venous system.

Preparation for Surgery

1. Eat normally and wear loose, comfortable clothing.
2. DO NOT apply lotion or oils the night before or the morning of the procedure.
3. You may drive yourself to and from the office. If you bring someone with you they may wait in the lobby. Arrive 30 minutes prior to surgery. You will be in the office about 2 hours.
4. No aspirin, medications containing Aspirin, or any blood thinning medications for 3 days prior to the procedure and 24 hours following the procedure.
5. If a ligation is to be performed, your jewelry may need to be removed.

Post Operative Instructions

Activity: Activity will be determined by how your leg feels. Refrain from prolonged periods of inactivity. You can **stand, sit, walk, drive a car** and pursue **normal physical activity**. Vigorous activity such as jogging, aerobic exercise or heavy lifting should be avoided for 7 days. Stretch your leg 4 times a day x 7 day.

Bandages: It is normal to have drainage that is tinged with blood from the procedure site. A bandage will be applied to the procedure area and can be **removed after 48 hours**. A **steri-strip tape** will be applied over the incision and can be **removed in 7 days**. **If excessive bleeding is noted, elevate your leg, apply pressure, change bandage, and call our office if bleeding does not stop after 30 minutes**. A **compression stocking** will be put on your leg. You will wear the stocking continuously for 72 hours. You may take the stocking off at bedtime _____ but it has to be put back on each morning when you get out of bed for 4 additional days.

Bruising/Swelling: Bruising and swelling at the procedure site are normal. Both may be noticeable when you remove the stocking and can last 10-14 days.

Medication: Ibuprofen is an anti-inflammatory and will reduce swelling and relieve pain. Take _____ - 200mg tablets 3 times a day for 1 week. **For pain not relieved by ibuprofen** take Tylenol (regular or extra strength) 1-2 tablets every 4-6 hours **in addition to the ibuprofen**. If this does not relieve your pain then call our office.

Bathing/Showering: After the bandages and compression stocking are removed bathing and showering are permitted. Wash the procedure site with soap and water, rinse and dry well.

Follow Up: A phone call will be made to check on you after the procedure. Follow up appointments are scheduled for 1 week, 6 weeks and 3 months. Additional procedures may be scheduled at this time.

Your first post-operative appointment is: _____ @ _____.

Please call (512) 395-8770 if you have any problems.