



## Saphen Venaseal Closure Aftercare Instructions

### Immediately after Treatment:

- A bandage wrap and/or compression stockings (if prescribed by the doctor) will be applied immediately following the procedure.
  - IF YOU WERE PRESCRIBED STOCKINGS, these must be kept on at all times for the first 48 hours. After the first 48 hours, the stockings must be worn for an additional week – during the day only.
- We encourage you to take an anti-inflammatory, such as Naproxen (e.g., Aleve or Naprosyn) 220 mg twice a day **OR** Ibuprofen (e.g., Advil or Motrin) 200 mg three to four times per day, for up to 7 to 10 days post procedure. If you have any pain or discomfort, you may take Tylenol in addition to the anti-inflammatory.
- Please stay active following your procedure – we encourage you to take walks throughout the day.  
Note: Caffeine consumption can now be resumed.

### First 48 Hours after Treatment:

- After 48 hours, you are to remove your bandages and/or stockings and shower.
  - IF YOU WERE PRESCRIBED STOCKINGS, please wash your stockings regularly to refresh the compression and maintain cleanliness.
- You are encouraged to walk and resume normal daily activities.
- Avoid major physical activity (e.g. weight lifting or long distance running) for the first week.
- Avoid prolonged periods of standing in place or sitting with your legs down. Elevate legs when sitting.

### 48 Hours to One Week:

- Tightness or discomfort (e.g. a ‘pulled muscle’ sensation) is normal and can be relieved by walking.
- If you notice redness or significant discomfort over the vein, continue to take an anti-inflammatory.
- **PLEASE DO NOT** book any long distance air travel and/or car rides during the first two weeks.

### One to Eight Weeks:

- During this time frame, your vein branches will continue to shrink and disappear. Any symptoms you may still be experiencing prior to this time will progressively improve.
- Between eight and ten weeks post-procedure, you will come in for a follow-up appointment to assess your leg(s) and decide if any additional (minor) treatment is necessary.  
**PLEASE REMEMBER** to bring your stockings to all future appointments.

### A few things you may notice during the healing process:

- **Bruising** - may occur same day as procedure or after. In most cases bruising will disappear after 2 weeks, but could remain longer. Apply ice packs (for 15 minutes every 1-2 hours) on top of stockings to alleviate symptoms.
- **Stiffness**, minor swelling, redness due to prolonged inflammatory reaction to the laser, and/or discoloration may occur and will progressively improve.
- **Lumpiness** - you may develop lumpy areas along the treated vein which are tender. They are usually quite normal and are part of the healing process.
- **Persisting veins** - while varicose veins should be significantly smaller after the first week of treatment, do not be discouraged by persistent veins. They will continue to shrink over the next eight weeks.

*aftercare@oakvillevascular.com*

---