

Aftercare advice following endovenous treatment (page 1 of 2)

This leaflet should be read along with advice given by your doctor or nurse. Endovenous treatment is done under local anaesthetic through a tiny incision. It is very important that you read and follow this advice.

- We have put a large volume of dilute local anaesthetic into your leg today. As it will take several hours to wear off you may notice some numbness in your leg lasting for up to twelve hours. There may be some leakage from the injection sites – this is nothing to worry about.
- The compression bandaging/stocking is designed to minimise bruising and swelling in the leg and it is important to ensure the success of the treatment by keeping the treated vein from refilling with blood. You must keep wearing it for at least two weeks. If, after that time, the leg is still uncomfortable, continue as necessary. You may remove the stocking for showers, once your small wound is dry. When you need to wash the stocking, take it off at bedtime, wash and dry overnight (not over direct heat or radiator) and then put the hosiery back on again as soon as you get up in the morning.
- Patients often experience swelling, redness and heat and quite sharp discomfort along the treated vein. This is part of the normal healing process. It may last several days, sometimes more than two weeks. Occasionally people experience a lot of pain but this is uncommon. You should take Paracetamol or Ibuprofen regularly until it has settled down. You can use Ibuprofen gel to rub onto the sore area if you want. Please read the information leaflets with the painkillers so that you don't take more than the recommended dose.
- It is normal for bruising to develop along your treated vein. There may also be some brownish discolouration which usually fades.
- To reduce the risk of developing a deep vein thrombosis (DVT) it is important to keep mobile and active. Walking is particularly helpful. Try and avoid standing still in one place!
- You should avoid travel lasting longer than 3 hours in the first 4 weeks after treatment. The risk of DVT is highest at this time. After this time the risk gradually reduces.
- When resting, raise your treated leg and keep above hip level.
- In the unlikely event that you experience bleeding through the



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Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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bandages or hosiery, please lie down with your leg well above the rest of the body then press firmly with a clean pad of paper towel against the bleeding point, without removing the bandages or hosiery. Seek medical advice if you are worried about any bleeding.

- You can remove the dressing covering the catheter site after 24 - 48 hours.
- You may drive again as soon as you are confident that you can stamp your foot on the brake pedal to do an emergency stop. The time scale for this varies from the next day for some patients, to two weeks for others.
- You can go back to work the next day unless your job requires prolonged standing. If so, you will need to take at least one week off work.
- You will be sent an appointment for a scan following your treatment.
- If you are unsure about your treatment, please contact a member of staff at the Vascular and Diabetes unit on 01722 429210 during office hours. If a member of staff is unable to take your call, please leave your name, number and some brief information and someone will get back to you as soon as possible. If you have a problem out-of-hours needing urgent attention, then contact your out-of-hours GP.