



POST-EVLT PATIENT INSTRUCTIONS

1. You should wear your compression stockings continuously for the first 24 hours even when sleeping. For the following week, you should wear the compression stockings at all times except when sleeping or showering. Should you have problems, discomfort, or feel numbness in your foot or toes, please contact our office immediately. The benefit with compliance will be a reduction in bruising, swelling, and pain.
2. You will be expected to walk immediately after receiving these instructions for at least 20 minutes here at our office. Normal activity can be resumed immediately, but strenuous exercise can cause the vein to reopen, so please avoid hot baths and vigorous activity such as gym workouts until at least 7 days following the procedure.
3. Recovery from EVLT is usually trouble-free. It is normal to feel a “tightening” sensation in your leg after a couple of days, and it may last for a few days. Your thigh may also be slightly tender to the touch for a few days. You will be advised to take 600mg ibuprofen every 6 hours for one week following the procedure. If additional pain medication is needed, you may take Tylenol. Please avoid aspirin-based products unless otherwise recommended or prescribed.
4. As with any invasive procedures, problems can develop. If you develop an acute fever (more than 100 F or 38 C) or severe or worsening pain/swelling, please call our office immediately.

These post operative instructions were reviewed with me prior to discharge, and I understand the expectations of my attending physician. I understand I must call the office immediately if any unexpected side-effects arise.

Patient Signature: _____

Date: _____

Nurse: _____