



POST-EVLT® PATIENT INSTRUCTIONS

1. Your leg will be wrapped with a compression bandage prior to putting on your compression stockings. These are to remain in place for 48 hours. After removing the bandage, you must continue to wear your compression stocking for two weeks during the day. You will be scheduled for a follow up visit within one week for an ultra sound study.
2. You will be expected to walk immediately after your procedure and normal activity can be resumed immediately. 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. This discomfort can generally be managed with over-the-counter analgesics like Tylenol or Motrin, but please avoid aspirin-based products unless otherwise recommended or prescribed.
4. Should you have any questions after your procedure, please call the on call nurse at the number given to you on the day of the procedure. **Available 24 hours a day.**