



Expert Treatment of Venous Disorders

www.VenaCare.com

Post-EVLT Discharge Instructions

Immediately after the procedure:

Expect to have mild pain, bruising, cramping and swelling for the first day or two after therapy.

Day 1 to 3:

- Wear your prescribed compression stockings as well as the elastic bandage (which was applied immediately after the procedure) for a continuous 72 hours (3 days and nights) after EVLT.
- You may loosen the ace bandage slightly if your feet become cold or it feels too tight. You must reapply your compression stocking after this.
- You may take 400-600 mg of Ibuprophen (2-3 Advil® tablets) 3 times per day (after each meal) for 10 days (unless you are allergic or there are other contraindications to Ibuprophen.)
- Resume your normal diet and medications.
- Resume your normal daily activities the next morning, but avoid strenuous activities such as high-impact aerobics, running, or weightlifting.
- Try to walk at least 30 to 60 minutes per day.
- No hot baths or hot tubs for one week. *Do not try to shower with your stockings on.*

Call the VenaCare™ Office @ 519-660-6418 if you are experiencing: increasing pain, persistent itching or rash, progressive areas of redness, warmth or drainage, fever, swelling, persistent bleeding, shortness of breath, chest pains, or leg numbness.

Day 3 to 3 weeks:

- Remove the elastic bandage on the evening of Day 4. Expect to see some bruising, redness and swelling. This will resolve over the next few weeks.
- You should wear your compression stocking while upright during normal daily activities for 3 weeks (i.e. put it on in the morning and take it off before going to bed). You may shower with stockings off, but continue to avoid hot baths and hot tubs until after your follow-up visit.
- The treated area may be somewhat tender, discolored (red-purple), with some bruising for 2-3 weeks.
- Resume normal athletic activities as tolerated.

Contact the VenaCare™ Office @ 519-660-6418 for any additional concerns or questions.