

ENDOVENOUS LASER TREATMENT (EVLT) DISCHARGE INSTRUCTIONS

- Your leg was wrapped with compression bandages. These are to remain clean, dry, and in place for 48-72 hours, as per the Doctor's instruction.
- It is advisable to wear the compression stocking days and nights for two days. The stocking can be removed temporarily to bathe or shower only. Thereafter, use the stocking during the day only for 4 weeks if you are going back to work or school or plan to do prolonged walking or standing. Stockings help move the blood to the heart, prevent pooling in the treated leg, therefore, there are less chances of blood clots or significant swelling.
- Normal activities can be resumed immediately after the effect of Valium (diazepam) or sedative has completely subsided. Avoid strenuous, vigorous, or high impact activities, like step aerobics, running, sports, etc. for two weeks. Avoid squatting and heavy lifting for two weeks. These activities can cause swelling, pain, and may reopen the vein. Sexual activities may be resumed whenever comfortable.
- Avoid prolonged sitting or standing during the first week, because it will cause pooling of blood in the leg. Even simple wiggling of the toes or changing position helps the blood flow. It is advisable to walk everyday or use a stationary bicycle for one week.
- Riding in a car is okay. In cases of very long rides, get out and walk hourly. **DO NOT DRIVE** on the day of the procedure, and for up to 24 hours if the EVLT was performed on the right leg.
- Avoid hot baths, saunas, whirlpools, and other hot environments for the first week because it may reopen the vein.
- May return to work or school after 24 hours. Resume regular and normal diet as tolerated. Resume all medications that were taken before the procedure.
- Use moisturizing cream two or three times a day as it helps prevent skin dryness and itchiness. This works better after bath or showers.
- It is important to be evaluated 3, 6, and 12 months and yearly after your EVLT.
- The recovery from EVLT is usually trouble-free. It is normal to feel a tightening or pulling sensation for 5 to 7 days. To minimize this discomfort, we **strongly recommend** the following medications after the procedure:

- **IT IS REQUIRED THAT YOU TAKE ADVIL OR MOTRIN (IBUPROFEN), AS INSTRUCTED BELOW, WHETHER OR NOT YOU ARE EXPERIENCING DISCOMFORT.**

MEDICATION	DOSE	TIME(S)	INSTRUCTIONS
Advil or Motrin [Ibuprofen]	400 mg to 600 mg	3 times a day with meal	For 7 to 10 days
Extra Strength Tylenol	Caplet	3 caplets every 8 hours	For pain, no more than 6 caplets/2 x hours, no more than 5 days

PLEASE SPEAK TO THE DOCTOR IF YOU ARE ALLERGIC TO ANY OF THESE MEDICATIONS.

RISKS AND COMPLICATIONS OF EVLT

The risks and complications of EVLT are rare, temporary, and self limited. It may include:

- Superficial inflammation
- Temporary skin numbness
- Infection in the needle puncture site
- Minor skin burn
- Blood clot in the deep veins
- Skin blisters from tapes or dressing

WHEN TO CALL THE DOCTOR (516) 883-2212

Call the Doctor **immediately** if you are experiencing any of the following:

- Extreme persistent pain
- Persistent bleeding or oozing
- Numbness of the foot
- Extreme swelling
- Chills and fever (over 100° F or 38 C°)
- Chest pain
- Shortness of breath

Your next appointment for post EVLT evaluation and venous ultrasound is:

_____ at _____.

These post-procedural (EVL) instructions were reviewed with me in detail prior to my discharge. I fully understand all the information in this instruction form. I also understand that I **must** call the Doctor if any unsuspected side effects of the EVLT or medication arises.

Name: _____

Signature:

Date: _____

Relationship: _____