

## **Endovenous Laser Treatment (EVL)**

### **What to expect following your procedure**

#### **The first 48 hours:**

- Keep your dressing on for 48 hours. If your bandage becomes wet or too uncomfortable call the office for advice.
- You are encouraged to walk around and resume normal daily activities.
- Please avoid prolonged period of standing still or sitting with your legs down.
- When sitting please elevate your legs on a chair or stool.
- You may apply ice to treated areas over the bandage for 15 minutes every 1 to 2 hours. Avoid getting your bandage wet.
- Take Tylenol or Ibuprofen as directed for discomfort.
- Drink plenty of fluids to avoid dehydration.
- Avoid sun exposure to area treated.
- Avoid travel.

#### **48 hours to 1 week:**

- You will generally have a follow up appointment 2 days following your procedure. If you do not you may remove your bandage and apply your compression stocking as directed.
- It is very important that you make it to all follow up appointments as we will be checking to assure that you have not developed a blood clot (DVT) post procedure.
- You may shower, but please avoid soaking in a bath tub, pool or hot tub.
- Bruising along treatment site is normal and can be reduced by using the Arnicare gel we provided you. The bruising usually clears in 2-3 weeks.
- Do not be discouraged by persisting veins as many of these will continue to shrink over the next 8 weeks. You may be required to have several procedures to complete your treatment plan. This could be in the form of additional laser therapy, sclerotherapy, or Clarivein procedures.
- Some tightness over the vein is normal and may feel like a “pulled muscle” -we encourage you to continue walking to reduce tightness.
- If you have excessive swelling of the leg, loosen the bandage and elevate the leg. If this does not improve the swelling, please inform the office immediately.
- **If you develop sudden shortness of breath CALL 911**

#### **2-8 weeks:**

- Return to full activity.
- The vein branches will continue to shrink.
- Stiffness, minor swelling and discoloration will continue to improve.
- We recommend that you wear your stocking during daytime hours for 4 weeks following the procedure.
- If you had sclerotherapy or Clarivein procedures (foam), some of the areas may be hard, lumpy or tender. This will ease over the next few weeks. Pigmentation of the skin can occur but often fades to a less noticeable shade.