



### **Post- EVLT/RF Instructions**

1. Your leg has been wrapped with a compression bandage. You may remove it and shower in 48 hours. After the wrap is removed, we recommend you wear your compression hose for 30 days. You need compression on your entire leg. The benefit with compliance will be a reduction in bruising, swelling and pain.
2. Normal activities can be resumed immediately, but strenuous activities can cause the vein to reopen and should be avoided. Do not stand in one place or sit for long periods of time. Please avoid hot baths/hot tubs and vigorous activity such as gym workouts, running or any aerobic activity for at least 14 days following your procedure. You need to walk daily, several times throughout the day.
3. Recovery from EVLT is usually trouble free. It is normal to feel a "tightening" sensation in your thigh after a few days, and it may last for several weeks. Your thigh will be tender and may be bruised for a few days. You may experience mild to moderate pain. Please use the pain medication as prescribed to manage pain. If the pain medication does not relieve your pain, please call the office. If you have no contraindications, you may use Ibuprofen as needed for inflammation and pain, along with your prescribed pain medication.
4. As with any invasive procedure, problems can develop. If you develop an acute fever (more than 100F or 38C), severe worsening pain and/or swelling, chest pain or shortness of breath, please call our office immediately at **423-702-9218** or go to the emergency room.
5. You are scheduled for a follow-up ultrasound and appointment:

**Ultrasound-** \_\_\_\_\_

**Provider-** \_\_\_\_\_