

## Pre- and Post-Care Instructions

### Preparing for your EVLT Procedure:

- Do not consume caffeine after 8 p.m. the evening before your procedure
- Take all medications as directed (no need to stop any prescribed medications)
- There is **NO** need to avoid alcohol consumption

### Compression Stocking Instructions:

- You will have been prescribed 30-40 mmHg compression stockings which will be applied immediately following the procedure. These **MUST** be kept on at all times for the first 48 hours following your procedure
- After 48 hours, you are to remove your stockings and/or bandages and shower. Please wash your stockings regularly to refresh the compression and maintain cleanliness.
- After the first 48 hours, stockings must be worn for 8 hours a day for 2 weeks

### Do's and Don'ts Following Your Procedure:

- **DO** stay active and resume normal activities. We encourage you to take regular walks throughout the day
- **DON'T** weight lift, long distance run or perform major physical activities, specifically, **no heavy lifting over 50 lbs or long distance running, for 24 hours post procedure. All activities/exercise may resume after 24 hours (while wearing compression stockings)**
- **DO** take an anti-inflammatory, such as Naproxen (eg. Aleve or Naprosyn) 200 mg twice a day OR Ibuprofen (eg. Advil or Motrin) 200 mg three to four times per day for up to 7-10 days after your procedure. If you have any pain or discomfort, you may take Tylenol in addition to the anti-inflammatory
- **DON'T** sit in a car for longer than 2 hours or take a flight in an airplane during the first two weeks following your procedure [Specifically, short flights in North America or longer drives are acceptable 24 hours post-procedure as long as patient wears compression stockings. International flights are acceptable after 2 weeks (you must wear compressions during flight), however, you must have your 2 week follow-up ultrasound prior to flight).
- **DO** bring your compression stockings to all follow-up visits

### What to Expect Following Your Procedure:

- **1 week** after the procedure, tightness or discomfort (eg. 'pulled muscle' sensation) is normal and can be relieved by walking. If you notice redness or have significant discomfort over the vein, continue to take an anti-inflammatory
- **2-8 weeks** after the procedure, your vein branches will shrink and disappear. Any symptoms you may still be experiencing during this time will progressively improve. You will have an ultrasound follow-up at 2 weeks.
- **8-10 weeks** after the procedure, you will have an additional ultrasound as well as a follow-up appointment with your surgeon to assess your leg(s) and decide if any additional minor treatment is necessary
- **Bruising:** May occur the same day as the procedure or a few days after. In most cases, bruising will disappear after 2-3 weeks but in some cases can remain longer. Apply ice packs (leave on (on top of stockings) for 15 minutes every 1-2 hours to alleviate symptoms)
- **Stiffness:** Minor swelling/redness due to prolonged inflammatory reaction to the laser and/or discolouration may occur and will progressively improve
- **Lumpiness:** You may develop lumpy areas along the treated vein which will be tender. They are usually quite normal and are part of the healing process
- **Persisting Veins:** While varicose veins should be significantly smaller after the first week of treatment, do not be discouraged by persistent veins. They will continue to shrink over the next eight weeks