



Endovenous Laser Therapy (EVLT) Aftercare Instructions

Immediately after Treatment:

- You will have been prescribed 30-40 mmHg compression stockings that will be applied immediately following the procedure. These must be kept on at all times for the first 48 hours.
- After the first 48 hours, the stockings must be worn for another 2 weeks - during the day only.
- We encourage you to take an anti-inflammatory, such as Naproxen (e.g., Aleve or Naprosyn) 220 mg twice a day **OR** Ibuprofen (e.g., Advil or Motrin) 200 mg three to four times per day, for up to 7 to 10 days post procedure. If you have any pain or discomfort, you may take Tylenol in addition to the anti-inflammatory.
- Please stay active following your procedure – we encourage you to take walks throughout the day.
Note: Caffeine consumption can now be resumed.

First 48 Hours after Treatment:

- After 48 hours, you are to remove your stockings and/or bandages and shower. Please wash your stocking regularly to refresh the compression and maintain cleanliness.
- You are encouraged to walk and resume normal daily activities.
- Avoid major physical activity (e.g. weight lifting or long distance running) for the first week.

48 Hours to Two Weeks:

- Tightness or discomfort (e.g. a 'pulled muscle' sensation) is normal and can be relieved by walking.
- If you notice redness or significant discomfort over the vein, continue to take an anti-inflammatory.
- **PLEASE DO NOT** book any long distance air travel and/or car rides during the first two weeks.

Two to Eight Weeks:

- During this time frame, your vein branches will continue to shrink and disappear. Any symptoms you may still be experiencing prior to this time will progressively improve.
- Between eight and ten weeks post-procedure, you will come in for a follow-up appointment to assess your leg(s) and decide if any additional (minor) treatment is necessary.
PLEASE REMEMBER to bring your stockings to all future appointments.

A few things you may notice during the healing process:

- **Bruising** - may occur same day as procedure or after. In most cases bruising will disappear after 2 weeks, but could remain longer. Apply ice packs (for 15 minutes every 1-2 hours) on top of stockings to alleviate symptoms.
- **Stiffness**, minor swelling, redness due to prolonged inflammatory reaction to the laser, and/or discoloration may occur and will progressively improve.
- **Lumpiness** - you may develop lumpy areas along the treated vein which are 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.