



Center for
Surgical Specialties
at WATERBURY HOSPITAL

POST-EVLT PATIENT INSTRUCTIONS

Your stockings should be worn **continuously** through the first night **and entire next day** following your procedure. You may then shower. However, avoid hot tub baths for two weeks after the procedure. You should wear your stockings during the day for ten (10) days after your procedure. Please leave any steri-strips (thin adhesive tape) in place until they fall off.

Normal daily activities may be resumed on the day after your procedure. The more you move, the better you will feel. Avoid vigorous activity such as jogging, bicycling, weightlifting or aerobics for 2 weeks after the procedure. Active walking is required preferably 15 minutes every hour. Do not sit for more than 2 hours at a time. When you are not walking, please keep your legs elevated to the level of the heart as much as possible for the first 24 hours.

Recovery from EVLT is usually trouble-free. It is normal to feel a “tightening” or “pulling” sensation after the first couple of days and this feeling may continue for a few days more. Bruising, local swelling, and some tenderness are normal after the procedure. If bloodstains appear on the dressing/stockings, lie down and elevate your leg.

As with any invasive procedures, problems can develop. Please watch for signs of potential infection at the procedure site, including redness, warmth and tenderness. If you develop an acute fever (more than 100°F or 39°C), show signs of infection, or experience significant bleeding, please call our office immediately at (203) 568-2929.

We will need to see you within one week of the procedure to perform a brief ultrasound evaluation and ensure your recovery is going smoothly. Your follow up visit is scheduled on _____ at _____ AM/PM.

Patient Signature: _____

Nurse: _____

Date: _____