



Post - Procedure Instruction Sheets Endovenous Laser (EVLA) / Phlebectomies

Pain- Over the next several hours the local anesthetic will wear off and you may feel some discomfort in the area of the vein Normally, all you need is over the counter Tylenol, Motrin, Alleve, etc.....

For EVLA The discomfort may feel like a pulling type of pain along the thigh. This is normal and means that the procedure worked.

If your entire leg hurts and it does not get better with exercise, call the office or go to an Urgent Care or ER.

For phlebectomies post op discomfort is normal and should be treated with anti-inflammatories if able to take these or Tylenol and should resolve within a few days.

Infection- If the wound becomes tender, swollen red or begins to drain pus call the office or go to the ER if you have an emergency. Call if you have a fever >101

Activity- Do **not** do anything that causes pain. **Walking is encouraged.**

Following the procedure, you will be asked to walk, bike, stair-master, elliptical, at least 30 to 60 minutes a day for 6 weeks. Move your feet frequently if sitting or standing for a long period of time. Whenever resting, keep your feet at the level of your heart.

For the first month avoid Kickboxing, high impact aerobics, jogging, horseback riding, sunbathing, hot tubs. **Limit weight- lifting to the sitting or lying flat.** NO weight- lifting standing straight up right. After 1 month you can return to your normal activities. NO pools, hot tubs, dirty water etc until all incisions closed.

Plane travel and long car trips- avoid for 1-2 weeks. If you must travel move the legs often, point and flex feet 20 times an hour or walk frequently and hydrate.

Bruising- is expected and resolves in the normal pattern. Excessive bruising or signs of infection need to be seen

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Bleeding- If you have any bleeding elevate the leg and hold direct pressure over the area. If it is severe or does not stop call the physician. Oozing is normal and expected where the anesthetic was administered and will be seen on stockings

Stockings- Must be worn as directed. They will make the procedure as safe and effective as possible. If you have irritation from the stockings try to move them around to help this situation. **DO NOT** cut out the entire foot of the stocking as your foot will swell.

If the stockings become wet use a cool hairdryer to dry them. While showering place a garbage bag with tape around them to keep them dry. (or Sponge bath) If two stockings were placed on the leg the outer one should be removed prior to bed on the first night but the inner stocking must be left on the leg.

Numbness- along the skin of the leg may occur and should resolve over time.

Patience- Be patient it may take several weeks for your veins to fade away, for lumps and bumps to go away and incisions to heal!!

Steri Strips / paper tapes over incisions or holes– **DO NOT TAKE THESE OFF!** They will fall off on their own.

PHLEBECTOMIES - If you have wraps on the legs post phlebectomies (veins removed surgically), we recommend that you come into the office as directed to have these removed in usually 2-4 days.

You must be seen post procedures usually within one week.

We are here to answer questions or concerns but advise you to always come in and be seen. You can take an anti-inflammatory medication such as Advil, Motrin or Alleve for discomfort.

BRING Stockings to ANY AND ALL Appointments!

If you need to cancel or reschedule Call ASAP so that another patient can use that time. Our Phone (954) 965-4922

Thank you!

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