



York Vascular Artery and Vein Clinic

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EVLT Aftercare Instructions:

Mild bruising, swelling, soreness, numbness and tightness and pulling sensation along the path of the vein are normal. You may also feel a cord like thickening of the treated vein. All of these symptoms are temporary and will resolve over time.

Recommended medication:

- Ibuprofen (Advil) 200-400 mg every 8 hours **OR**
- Naproxen (Aleve) 220 mg every 12 hours for 5 days, and then as needed.
- Acetaminophen (Tylenol) 500-1000 mg every 6 hours can be additionally taken for pain.
- Apply ice (20 min every 1-2hrs) on top of stockings to alleviate discomfort as needed.

Day 0 to 2

- Wear your compression stockings for 48 hours continuously.
- Remove the bandaid and take shower after 48 hours. Do not soak in tubs or pools for 2 weeks.
- Frequent light walking, leg elevation when sitting and foot movements are recommended. Please stay active and resume your normal activities as soon as you are able. Avoid prolonged sitting and standing.

Day 2 to 14

- Wear your compressions stockings during the day for 2 weeks. Put the stocking on as you are getting dressed, and remove it at night just before going to bed. Please wash your stockings regularly to refresh the compression and maintain cleanliness.
- Light exercise such as walks and gentle upper body exercises are encouraged (with compressions stockings on)
- Do not book any long distance air travel or car rides.
- Follow up ultrasound will be scheduled 3-5 days post procedure.
- Follow up appointment is scheduled within 2 weeks.

Week 2 to 4

- Moderate exercise such as jogging, gentle weights and joga are encouraged (with compression stockings on).

Over 1 month

- No restrictions.
- Truncal veins and branches continue to shrink and disappear.
- Follow up appointment will be scheduled in 2-3 months to assess vein branches.

Call our clinic or seek medical attention, if you experience significant leg swelling, fever, chills, bleeding, foul smelling drainage or worsening tenderness.

Comprehensive care for patients with Artery and Vein conditions

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