



Post-op Patient Information: EVLA

If you have undergone Endovenous Laser Ablation Therapy (EVLA) at the Vein Healthcare Center, it is important to be informed about post-operative requirements. Following guidelines for care after your treatment will help promote the most effective healing so you can return to your daily routine and start experiencing a comfortable, symptom-free life as soon as possible.

Exceptional patient care is our first priority. If you have any questions following your appointment, please call the Vein Healthcare Center at 207-221-7799. We are available to answer questions and address any concerns you may have.

After Your EVLA Procedure

Immediately after the procedure, your leg will be washed with warm water to remove any remaining betadine. You will be asked to put on your compression stockings. **Compression stockings should be worn for the first two weeks following treatment** any time you are on your feet. They do not need to be worn during sleep.

You may return to your daily activities following your procedure. It is recommended that you return to work the day after your appointment, provided you have a non-physically strenuous job.

After You Leave Our Office

Knowing what to expect after your appointment and understanding all recommendations and restrictions is important following EVLA.

What to Expect: Following EVLA, the treated leg may drain fluid for the first 24 hours, making your compression stocking feel damp. Patients can expect a moderate amount of bruising, swelling, and a bruise like tenderness. Post-procedure discomfort is highly variable from patient to patient, and while some patients may experience pain, some may feel no discomfort at all following the procedure. Elevating your legs, applying heat, and taking ibuprofen as needed are all effective ways to ease most post-operative pain. If pain is persistent or becomes intolerable, call the Vein Healthcare Center at 207-221-7799.

Rx: Elevating your legs as much as possible is recommended following your EVLA procedure. It is very important to **walk for 30 minutes each day** for the first 2 weeks after your procedure. Walking can be done in short increments throughout the day that add up to 30 minutes, or it can be done all at once, whatever works best for your schedule.



Restrictions: Restrictions during the first five - seven days following your EVLA procedure include avoiding the following:

- Heavy lifting
- Hot tubs
- Strenuous physical activity while standing

Patients should feel free to exercise as long as their feet remain at or above the level of their heart, or not to a point where you are breathing hard. Slowly return to your full activity 5-7 days after your procedure.

Your Return Visit

It is important that you make a return visit to the Vein Healthcare Center within a week, following your procedure.

Your care and comfort is our number one priority. If you have any questions or concerns following your procedure or before your return appointment, please call our office at 207-221-7799 or email us at info@veinhealthcare.com.