



### ~ What to do ~

1. Immediately after the EVLT, you must **walk for 20 – 30 minutes before driving home**. You must continue to walk at least 20 minutes every few hours during the day for the week following the EVLT. Walking is vital to maintaining normal leg circulation and promoting rapid healing post-operatively. It also prevents phlebitis, and blood clots.
2. **Schedule a 1week follow-up visit** at which time the Doctor will perform an ultrasound to ensure proper vein closure and healing. During this visit, **sclerotherapy** may be performed to hasten closure of the remaining abnormal vein branches. Pain medication is usually not necessary for sclerotherapy; however, the Doctors recommend that you take an extra-strength Tylenol 30 – 60 minutes before treatments to make your treatment more comfortable.
3. **Take Aleve 220mg (2 pills) twice daily for 5-7 days after the EVLT to prevent phlebitis** and help alleviate any aching or soreness in the leg. If you have a history of stomach problems such as gastritis, ulcer, or heartburn, you must inform the Doctor and you should take over-the-counter Pepcid or Prilosec to protect your stomach.
4. **You must wear compression for the first 72 hours** following the procedure then you may take the stocking off **only** for a brief shower. **After 72 hours you may remove dressing and you do not need to replace dressing**. The stocking/s must be worn at all other times during the day and night for the first week. **You must wear compression stockings for a minimum of 14-21 days** after each EVLT.
5. **DO take all of your prescription medication the day of the EVLT** and continue taking all of your prescription medication including Aspirin/Plavix/Coumadin unless The Doctor informs you otherwise.

### ~ What Not to do ~

1. **NO heavy lifting** or high impact aerobic exercise for 7-14 days after the procedure. Walking briskly, elliptical, stairs, and biking are okay. You must wear your stockings during exercise or the veins may not close properly.
2. **NO Plane flights or long car rides** (longer than 2 hours) for 7 days after EVLT, unless it is cleared by Your Doctor
3. **NO hot baths or hot tubs** for two weeks after the EVLT and sclerotherapy treatments.
4. **DO NOT undergo surgical procedures** within 7 days of your EVLT unless you receive approval from The Doctor.
5. **DO NOT sunbathe or use the tanning bed** during the course of sclerotherapy or EVLT treatments. The sun can cause abnormal pigmentation on your legs called “tattooing”.

### ~ What to Expect ~

1. Some patients experience minor sensory numbness on the skin around the insertion site. This usually resolves within 1-6 months.
2. Rarely, hyperpigmentation occurs where the varicose vein used to be. This usually subsides within 3-6 months.
3. It is normal to experience bruising, soreness, itching, and a small tender nodule at the EVLT insertion site. These symptoms usually subside within 1-2 weeks. It is normal to feel a slight tightness or tugging sensation in your treated leg, which usually subsides within 1-6 weeks.

### ~ When to Call the Doctor ~

1. Rarely, patients may experience phlebitis of the treated vein. The treatment for this is anti-inflammatory medication such as Aleve, Motrin, or Advil. You should not experience phlebitis if you are taking the medication properly; however if you do develop a red, warm, tender streak down the treated leg, you must call The Doctor immediately.
2. If you develop a persistent firm, tender, nodule or chord in the leg that was treated, you may have trapped blood. You will need to schedule an office visit for Dr. Richter to relieve it. Trapped blood will not generally develop until 2-3 weeks after the treatment with sclerotherapy. It does not develop after EVLT unless sclerotherapy is also performed.
3. If you develop a sore that does not heal or increases in size, contact the office and keep the area moist with Polysporin ointment and covered with a Band-aid.

**If you have any questions or concerns after your treatment, call the office (941-907-3400) during business hours or call Dr. Richter on his cell phone after hours or on the weekend on his cell phone (812) 236-9939.**