



WHAT YOU MAY EXPECT FOLLOWING THE PROCEDURE:

- Local anesthesia was used to numb your leg during the procedure. Numbness may last for several hours. When the numbness wears off, you may experience some pain/discomfort (i.e. aching cramping, burning, tightness and tenderness).
- You will experience some bruising beginning the day of your procedure. Sometimes after EVLA, there is a considerable amount of bruising in the groin, medial thigh and calf. Do not be alarmed. This is normal. Bruising typically begins to resolve in 7-10 days.
- You will experience some swelling and tenderness. This usually occurs immediately and may persist for several days to several weeks. You can take an anti-inflammatory as directed below. The anti-inflammatory will help decrease the swelling and the risk of phlebitis.
- You may feel a pulling sensation and hard cord extending from the groin, running down the inner thigh to the calf. This is normal. At times, it may be tender. Walking and the use of the anti-inflammatory will help decrease these discomforts. Ultimately, over the next several weeks to months, this will completely resolve.
- Numbness and/or tingling to the treated area may occur, and it could last for several weeks to several months and even up to a year. This is normal and will resolve in time.

MEDICATIONS:

- Do not interrupt your medication regimen unless told otherwise.
- Fill the prescription for pain medication if you were given one and take as prescribed. This is for severe pain only. If you take pain medication, refrain from driving for 24 hours after your last dose.
- It is recommended that you start taking an anti-inflammatory as directed starting the day of your procedure. Do not wait until you have pain to take this medication! The anti-inflammatory will help decrease the swelling and the risk of phlebitis. Continue taking the anti-inflammatory even if you are not experiencing any pain. Remember to take the medication with food or milk to avoid an upset stomach. You can take one of the following medications at the below recommended dosage for 7 days beginning the day of your procedure:
 - Ibuprofen (Advil, Motrin, Nuprin):
 - 600-800mg, every 8 hours (max daily dosage of 2400mg)
 - 400-600mg, every 4-6 hours (max daily dosage of 2400mg)
 - Naproxen (Aleve, Anaprox, Naprosyn):
 - 1 tablet every 12 hours (max daily dosage of 1100mg)
 - 2 tablets every 12 hours
 - Tylenol – as directed on label (max daily dosage of 3000mg)



ACTIVITY AND DRIVING:

- Starting the day of your procedure, walk 4 times a day for at least 20 minutes. Continue this for a minimum of one week.
- No running jogging, jumping, high impact aerobics, Pilates, crunches, sit-ups or heaving lifting greater than 30 pounds, with your legs for 7-14 days. You may use a treadmill, stair climber, elliptical, or stationary bike, however, do not put any force or resistance on the equipment.
- No swimming for 7-10 days.
- When you must sit for a period of time, do ankle flexes (pretend you are pressing on a gas pedal), to work the calf muscle.
- You may resume driving immediately after the procedure unless you have taken a sedative. If you have taken a sedative, wait 24 hours before driving.
- You may return to work as soon as 1-3 days after EVLA, depending on how you feel. Most patients are able to return to work the following day.

COMPRESSION STOCKING:

- Wear continuously for the first ____ 24 hours ____ 48 hours after your EVLA.
- After your 24 or 48 hours as designated above:
 - You may pull down the stocking and remove the gauze padding from the groin.
 - You may remove the stocking for at bedtime (optional) and to shower. The stocking must be put back on before you get out of bed and must be worn the rest of the day.
 - You must wear the stocking for 7 days following your procedure
- Wearing the stocking longer than 7 days is permissible. If you are active, the stocking will give your leg support and help it feel better. This has been found helpful in patients who are on their feet a lot.
- You may experience foot cramping/pain especially at night as a result of wearing the stocking. If the stocking is causing you to lose sleep, you may take it off overnight and reapply it as soon as you wake up in the morning.



THE INCISION SITE, CARE AND BATHING:

- Within the first 24 hours, do not be alarmed if you have some bleeding from the lower incision site. Bleeding is likely to happen on the day of your procedure, especially after you do your walking. In some cases, a very small amount of bleeding can be seen at the puncture site up to 4 weeks after the procedure.
- If steri strips (white bandages) are used over the incision site, they should start to come off on their own in about a week. If the steri strips are still on 10-14 days following your procedure, you may remove them. If needed, you can place a band-aid over the incision site for a couple of days once the steri strips are off.
- You may wash the incision site gently with warm soapy water and pat dry. Avoid friction to the site.
- You may remove the gauze padding over the puncture site and you may shower after 48 hours. No baths for 7 days. Only showers. Do not submerge leg in water for one week.
- To shower with the stocking on, you can cover the stocking with a large trash bag (tie bag above stocking and secure bag to skin with 2" packing tape). If stocking does get wet, you may use a hairdryer on low to dry it while it remains on your leg.
- Do not use a heating pad, electric blanket on high or soak in a hot tub or steaming bath/shower for 1 week unless otherwise instructed. The heat can dilate the vein and reopen it.
- An ice pack to the groin and inner thigh area (or calf if the small saphenous vein was treated) may be used for 24-48 hours (15 minutes on, every 2 hours). Apply the ice pack on top of your stocking.
- Use Dermaka cream twice a day for 7 days.

FOLLOW-UP APPOINTMENT:

You will receive two post procedure ultrasound scans:

Scan #1: approximately 2-7 days following each EVLA procedure

Scan #2: approximately 30 days from your last EVLA procedure