

SOFFER HEALTH INSTITUTE

POST-PROCEDURE INSTRUCTIONS

Now that the EVL is completed, you may resume your normal activities with only a few exceptions and suggestions.

1. You are encouraged to walk at least 20 minutes every few hours during the day.
2. You need to take Ibuprofen/Motrin or Advil 200 mg tablets. Take 4 tablets (800 mg) every 6 to 8 hours for the first 48 hours, then as needed for pain.
3. Please refrain from swimming, using the hot tub, or taking a hot bath for 72 hours following your procedure. You may shower and clean the treated leg after 48 hours, but avoid submerging the leg in water. Please also refrain from vigorous exercise or running for 48 hours following the procedure.
4. If you must fly, walk every 15–30 minutes and try to keep your legs mobile.
5. Avoid exposure to excessive sun during the healing process. If you **MUST** be exposed, please **SUNBLOCK ALL BRUISING AREAS**.
6. It is normal to experience bruising, soreness, and a tightening sensation in the 2–3 weeks period following treatment. This should begin to subside after two weeks. You can take over-the-counter pain medication such as Tylenol or Advil as needed for discomfort. It is normal to feel discomfort after this procedure and the area of treatment may be hard, swollen, and bruised for various days and, for some patients, weeks.
7. You will need to wear your compression stockings for the next 48 hours without taking them off, but keep wearing the stocking after that for 5 days as much as you can during the day.
8. Apply ice for 20 minutes at least two to three times a day.
9. Oozing at the injection site is normal, but if you experience excessive bleeding, give us a call immediately at (305) 792-0555.