



## LEG CARE AFTER YOUR EVLT/RFA

1. Now that your endovenous laser/radiofrequency ablation procedure is complete, you may resume normal activities with only a few exceptions and suggestions for the next **TWO WEEKS**:
2. You are encouraged to walk at least 5 minutes every hour while you are awake.
3. Please refrain from swimming, using a hot tub/Jacuzzi/sauna or taking a hot bath. You may shower and clean the treated leg, but try to avoid submerging the leg in water.
4. Please refrain from straining, lifting over 10-20#, vigorous gym exercise or running.
5. Do not fly on an airplane. If you travel by vehicle, you need to stop and walk for at least 5 minutes every hour.
6. To decrease inflammation around the treated vein which may cause an aching type of discomfort you may take: (if abdominal discomfort develops, please discontinue)
  - a.  Ibuprofen \_\_\_\_\_ mg \_\_\_\_\_ times a day with food for 3 – 4 days
  - b.  Continue taking the NSAID you are currently on.
  - c.  Tylenol 500 mg, three times a day, for 3 – 4 days.
  - d.  Anti-inflammatories are not advised for you.
7. It is normal to experience bruising, soreness, redness, formation of a small lump along the treated veins and a tightening sensation in the 2-3 week period following treatment. This should begin to subside after two weeks.
8. **For RFA/EVLT procedures:** continue to wear the bandage and compression stocking for 24 hours. After the first 24 hours you may remove the stocking briefly to shower. You must wear the compression stocking on the treated leg **day and night for 14 days** after your procedure, taking it off briefly only to shower. Consider wearing compression stockings during the day long term. Remember, the more you wear your stocking, the better your results will be and with fewer complications.
9. **For Microphlebectomy procedures:** continue to wear the bandage wrap and compression stocking for the first **48 hours**. After 48 hours, remove the stocking and any bandage wrap briefly to shower. You must wear the compression stocking on the treated leg **day and night for 14 days** after your procedure, taking it off briefly only to shower. Consider wearing compression stockings during the day long term. Remember, the more you wear your stockings, the better your results will be and with fewer complications.
10. If you experience bleeding, leg swelling, chest pain, shortness of breath, difficulty breathing or substantial pain, give us a call at: 307-527-7129.
11. You need to have an ultrasound at approximately 1 week, 4-6 weeks and possibly 6 months after your EVLT/RFA procedure.

### Billings

2820 Central Avenue, Suite A  
Billings, MT 59102  
406.252.8346

[www.rockymountainveinclinic.com](http://www.rockymountainveinclinic.com)

### Cody

125 West Yellowstone Avenue  
Cody, WY 82414  
307.527.7129