

Post-EVLA & Compression Stocking Instructions

INSTRUCTIONS	DAY 1	DAY 2-7	DAY 8-14
Bathing	Sponge bath only with your hose on	Shower with your hose on	You may remove the hose to shower.
Bandages	Remove outer bandage if present after 1 hour	N/A	N/A
Activities Restrictions	No lifting over 40lbs. No lakes, pools, hot tubs, etc.	No lifting over 40lbs. No lakes, pools, hot tubs, etc.	No lifting over 40lbs. No lakes, pools, hot tubs, etc.
Hoisery	Do not remove. Must be worn around the clock	Do not remove. Must be worn around the clock	Hose worn only during daytime.
Pads	Replace saturated pads as needed.	May discontinue pads on day 3	N/A

- You are instructed to wear your compression stockings continuously (day and night) for the first 7 days following your endovenous laser ablation (EVLA) procedure. It is recommended you have 2 pairs of them.
- You can shower while wearing your compressions stockings beginning on the day following your EVLA procedure. After showering, towel dry, then while laying flat remove the damp pair and put on a dry pair of compression stockings.
- After the required 7 days of continuous wear of your compression stockings after your EVLA procedure, you can optionally wear them during waking hours only, whenever you are standing, sitting or showering for the remainder of the 30-days post-EVLA or until you see your Vein Specialist in follow-up, whichever is longer.
- Avoid lifting more than 40 pounds or straining your core (abdominal) muscles during the first month after your EVLA procedure to avoid forcing blood from your pelvic and groin to reverse flow into your EVLA-treated vein segments, which could by chance result in recanalization or reopening of the EVLA-treated vein.
- We request that you avoid immersion in lakes, pools, public waters, hot tubs, and bath tubs (showers are okay) for 1 month following your EVLA procedure. No hot tubs for 3 months.

- It is normal after your EVLA procedure to feel a tight, lumpy cord pulling in the area where your veins were treated with the laser as this is just the vein shrinking down. Walking can help alleviate any tightness, pulling or discomforting sensations in your leg(s).
- We would like you to walk at least 1 mile or 1 hour per day. You may split this time up throughout the day if needed. Elliptical, treadmill, and biking are ok, but without core body resistance. This means no incline walking, and you should go at a comfortable pace. The more you walk, the better you and your legs are going to feel. We actually encourage you to walk as much as possible.
- You will be required to wear your compression stockings whenever you fly for 1 year from the beginning of your vein treatment. It will greatly reduce your chance of a blood clot during travel. This also applies to long bus and car rides exceeding 2 hours duration.
- Be careful with elevating your legs above your heart level while wearing your compressions stockings. Should you experience foot/ankle pain, you may need to get up and walk for awhile to restore the arterial circulation to your distal lower leg. If you get this foot/ankle pain while sleeping in your compression stockings, simply take off the compression stockings and put them back on in the morning when you awake.
- You can wash or launder your compression stockings while you are showering or in your washing machine. Do not use Woolite as this destroys the fiber in the stockings and you will then have to purchase a new pair. After washing your stocking, hang them over a draped towel to air dry. Use of a fan will expedite the drying process. Always refer to your compression stockings box for manufacturer's care instructions.
- Immediately after your EVLA procedure, absorptive pads (feminine or Maxi pads) may be placed to avoid any oozing or drainage from the skin puncture or venous access sites. You are to remove these pads within 12-18 hours when the drainage stops. You may replace them up to 36 hours as needed if continued drainage occurs, but any longer, contact your Vein Specialist at Total Vein Care.
- If you have any questions or concerns you may call the Total Vein Care at 662-287-1516 – after hours: 662-643-5635