

Discharge Information

VENOUS THERMAL ABLATION (EVLT)

ACTIVITY

- Walking immediately after the procedure is encouraged
- Normal daily activity can be resumed, but **avoid rigorous activities which cause pounding on the soles of feet** (running, tennis, aerobics, jumping).
- Do not swim for one week following your procedure.

Instructions for Showering & Compression Stockings

- Wear compression stockings for the **first 24/48 hours immediately following** the procedure. Do not shower or disturb the dressing during this time.
- **After the first 24/48 hrs – you may shower** as usual. The dressing may be removed after 24 hours. Also, remove your compression stockings before showering and put them back on after showering.
- **After the first 24/48 hours, wear the stockings during the day only** and off at night until your return for your follow-up appointment (10 days -2 wks).

SYMPTOMS MANAGEMENT

- Some mild discomfort may be present for several days after the procedure.
- Take Ibuprofen 400 mg (Motrin, Advil) every 6 hrs, as needed for soreness.

WHAT TO EXPECT AFTER THE PROCEDURE

- Bruising and soreness along the treated segment of your leg.

FOLLOW-UP CARE

- **Return on _____** for a 2-week post-procedure Ultrasound and clinic follow-up appointment.

WHEN TO CALL

- Fever greater than 101.5 or chills.
- Worsening redness, soreness or hardness around the incision site lasting more than a few days.
- Leg swelling

If you experience any of these problems, please, call the Interventional Radiology Department at 503-413-7127 or clinic at 503-467-4647 and ask them to page the Interventional Radiologist on-call. The Legacy Good Samaritan Hospital Emergency Room is also available 24 hours a day at 503-413-7260.