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HeartPlace Plano West Endovenous Laser Therapy Program (EVLТ)

Leg Care after your EVLT Procedure

Now that your EVLT is complete, you may resume normal activities with only a few exceptions and suggestions:

1. It is essential that you walk at least 10 minutes every hour during the day. Walking will help the leg's recovery process and will prevent the development of blood clots.
2. Please refrain from swimming, using a hot tub, or taking a hot bath for 48 hours following the procedure. You may shower and clean the treated leg, but try to avoid submerging the leg in water.
3. Please refrain from vigorous gym exercises or running for 72 hours following your procedure.
4. Do not fly for one week following your procedure.
5. Avoid exposure to excessive sun during the first two weeks following the procedure.
6. It is normal to experience bruising, soreness, and a tightening sensation in the 2-3 week period following treatment. This should begin to subside after two weeks. You may take over the counter pain medications such as Tylenol or Advil as needed for your discomfort.
7. You will need to wear your compression stockings for 48 hours without removal. Thereafter, for the next 7 days, they should be worn day and night, only removing them to shower.

If you experience any side effects that concern you, please call us at 972-378-9560.

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