

## **POST-EVRFA PATIENT INSTRUCTIONS**

1. Your leg was wrapped with a compression bandage prior to putting on your compression stockings. These are to remain in place until your follow up visit on \_\_\_\_\_. Should you have problems, discomfort or feel numbness in your foot or toes, please contact our office immediately. The compression bandage will be removed at that visit, and you will be encouraged to continue wearing your compression stockings for another 5-7 days. The benefit with compliance will be a reduction in bruising, swelling and pain.
  
2. Do I have any limitations in what I can do after EVRFA?
  - Resume normal daytime activities and avoid standing still for long periods immediately following the procedure. Walking is encouraged, especially after the procedure.
  - You may continue with normal exercise activities, such as cardio workouts (running, treadmill, elliptical, etc.). Avoid strenuous exercises such as Pilates, core training, heavy weightlifting, and abdominal crunches/sit-ups for the first two weeks following the procedures as well as any other activity that increases abdominal pressure.
  - Avoid hot tubs, saunas, and other similar activities for two weeks following the procedure as these cause your veins to vasodilate and may open up the treated vein.
  - Avoid flights of greater than 4 hours duration for 6 weeks after treatment. If travel is unavoidable, speak with your doctor prior to departure for your trip.
  
3. What can you expect following EVRFA?

The following features are expected and are a result of the treatment working. They are not a cause for concern although you will be asked about them at the follow-up appointment:

  - Mild pain persists for several days. The degree is related to the initial size of the veins. Pain is usually improved by walking or by taking Tylenol. Please do not take Advil (ibuprofen) as it may interfere with the vein closing.

- After the procedure, you may feel some inflammation and bruising on the skin surface overlying the treated areas. Over the next few days, you will also note that the area where the vein was ablated will feel like a “rope-like tightening” or “rubber band-like” feeling.
- Soreness can occur in the leg, especially behind the knee, from the tight compression and/or from rubbing by the bandage or compression garments.
- Recurrence. Treated veins can reopen or new veins can develop. For this reason, ultrasound surveillance is carefully performed at all follow-up exams to ensure closure. In general, we generally tell our patients that the first two weeks with the bandages/compression stockings will be the recovery time as your vein closes. By the second to third week, many people experience that “rope-like tightening” or “rubber band-like” feeling as the vein starts to scar down. By the one month follow-up, generally all the mild pain and bruising as well as the “rope-like tightening” should be dissipating if not gone. Many of the symptoms will usually start to improve by this point. At the 3 month follow-up, nearly all patients have complete resolution of symptoms and varicosities. Follow-ups at 6 months and 1 year are for surveillance. Often we will take ‘before and after’ pictures at this time.

4. As with any invasive procedures, problems can develop. If you develop an acute fever (more than 100 F or 38 C) or severe or worsening pain/swelling, please call our office or the exchange immediately.

These post operative instructions were reviewed with me prior to discharge, and I understand the expectations of my attending physician. I understand I must call the office immediately if any unexpected side-effects arise at (661) 725-4847.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_