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EVLT POST-PROCEDURE CARE

1. KEEP YOUR **STOCKING ON 24 HOURS A DAY, 7 DAYS A WEEK**. ONLY AN ELITE VEIN CENTER EMPLOYEE CAN REMOVE YOUR STOCKING

2. YOU WILL SLEEP AND BATHE IN YOUR STOCKING
 - AFTER SHOWER/BATH PAT THE STOCKING WITH A DRY TOWEL
 - YOU CAN USE A **COOL** BLOW DRYER
 - **NEVER USE THE BLOW DRYER ON YOUR STOCKING ON HOT OR WARM SETTING!!!**

3. LIMITATIONS/RESTRICTIONS
 - TRY TO LIMIT YOUR LIFTING, PUSHING, PULLING OF OBJECTS WEIGHING MORE THAN 25 LBS.
 - TRY TO LIMIT YOUR SQUATTING AND CLIMBING

4. EXERCISE
 - ALL CARDIO ACTIVITIES ARE ALLOWED
 - SWIMMING IS ALLOWED
 - DISCONTINUE WEIGHT TRAINING
 - AVOID ACTIVITIES THAT PUT PRESSURE ON THE GROIN

5. KEEP YOUR STOCKINGS AS HIGH AS POSSIBLE ON THE LEG. DO NOT LET THEM SLIDE OR ROLL DOWN. IF THE STOCKING ROLLS PLEASE TRY THE FOLLOWING:
 - 6 INCH ACE BANDAGE CAN BE WRAPPED ON THE TOP PORTION OF THE LEG TO HELP WITH COMPRESSION AND TO PREVENT THE STOCKING FROM ROLLING
 - COMPRESSION BICYCLE SHORTS OR SHAPEWEAR SPANDEX SHORTS CAN BE USED TO PREVENT ROLLING

6. SYMPTOMS TO EXPECT WHEN YOU ARE HOME
 - DISCOMFORT/PAIN IN THE TREATED LEG
 - SWELLING, BRUISING IN THE TREATED LEG
 - MINIMAL CLEAR DISCHARGE FROM THE ACCESS SITES

I HAVE READ AND FULLY UNDERSTAND ALL POST-PROCEDURE INSTRUCTIONS AND I ACKNOWLEDGE THAT ALL MY QUESTIONS HAVE BEEN ANSWERED TO MY SATISFACTION.

PATIENT SIGNATURE

WITNESS/TITLE/TRANSLATOR

DATE