

EVLT Patient Instructions

Immediately after treatment:

- Walking 3-5 miles a day is recommended. You should walk as much as you can, with a minimum of a 30 minute brisk walk daily.
- For the first three (3) days first seven (7) days wear the stockings all the time, even while showering.
- If the elastic stockings do not stay up properly, wear regular pantyhose over them. Dark pantyhose will help hide the neutral color of the stockings.
- We do not recommend jogging, high impact aerobics, sit-ups, leg lifts, squats, or lifting over 15 pounds for the period of time that you are in your compression hose.

After-effects:

Some patients experience mild itching or soreness under the stockings. This is a sign that the medicine is working. You may use Benadryl for relief from itching and Advil for relief from the soreness. Both are available over the counter. Avoid aspirin. If you are having large veins treated, you may have some aching along the treated veins.

Please call our office if you have any of the following symptoms:

- Marked swelling
- Severe pain
- Blue or excessively cold feet
- Allergic rash or blisters