



New England Heart & Vascular Institute

Vein & Vascular Specialists

160 South River Road Suite 100 Bedford NH 03110
tel: 603.665.5150 fax: 603.665.5160

Endovenous Laser Ablation (EVLA) Post Instructions (after your procedure)

- Your leg will be wrapped with a compression bandage. It will need to stay on for 48 hours straight. You may then remove the wrap/bandages and shower. You will then wear compression stockings during the day for two weeks; you should remove the stockings at night prior to bed.
- You should walk after the procedure for at least 20 minutes here at our office or home if you live close by. If you drive further away, please stop along the way and take short walk. Normal activity can be resumed immediately, but strenuous exercise can cause the vein to reopen, so please avoid hot baths and vigorous activities such as gym workouts until at least seven days following the procedure.
- It is normal to feel a “tightening” sensation in your leg after a couple of days, and it may last a few days. Your thigh may also be tender to the touch for a few days and you may have some moderate to significant bruising. These symptoms can generally be managed with over-the-counter analgesics such as Motrin, Advil, Aleve or Tylenol. *Please avoid aspirin based products unless otherwise recommended or prescribed.
- As with any invasive procedures, problems can develop. If you develop an acute fever (more than 100 degrees F or 38 degrees C) or severe worsening in pain/swelling, please call our office immediately.

These postoperative instructions will be reviewed with you prior to discharge from the office. Please call the office immediately at 603.665.5150 if you experience any side effects.