

Office of Dr. Steve Simmons & Dr. Robert Menzies

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Post-Endovenous Laser Treatment Instructions

- Your leg has several bandages in place prior to putting on your compression stocking. These are to remain in place for 24 hours. The compression stocking is to be worn continuously for 24 hours and should then be worn daily for a minimum of 6 additional days (stocking may be removed at night). The benefit of compliance will be a reduction in bruising, swelling, and pain. Should you have problems, discomfort, or feel numbness in your foot or toes, please contact our office immediately.
- You will be expected to walk immediately after receiving these instructions for at least 20 minutes here in our office, and walk for 20 minutes 2-3 times later today. Normal activity can be resumed immediately, but strenuous exercise can cause the vein to reopen. Please avoid hot baths and rigorous activity such as running or gym workouts until at least 7 days following the procedure.
- Recovery from ELT is usually trouble-free. It is normal to feel a tightening or pulling sensation in your leg following the procedure and it may last a few days. Your thigh may be slightly tender to the touch for a few days. This discomfort can generally be managed with over-the-counter analgesics like Tylenol or Motrin.
- As with any invasive procedure, problems may occur. If you develop an acute fever (more than 100F or 38C) or severe or worsening pain/swelling, please contact our office immediately at 817-235-0769 during working hours or at 817-294-0934 after hours.
- A follow-up scan is required in 48 to 72 hours after your ELT. Please be sure to schedule this appointment before leaving today.

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.