

EVLT PATIENT INFORMATION

BEFORE YOUR APPOINTMENT/PROCEDURE:

1. The day of your procedure/treatment, shower and wash your legs thoroughly. Do not apply any cream or lotion to your legs. Do not wear any fragrances.
2. Bring loose-fitting slacks to wear after the treatment. You may want to bring a change of underwear as the cleansing soap used for the procedure may dampen your underwear.
3. There are no diet restrictions.

AFTER YOUR TREATMENT:

1. Immediately after the procedure, your treated leg will be wrapped with an elastic dressing and covered with a compression stocking. A small amount of oozing is normal. Remove the dressing the day after your procedure, shower, and replace the compression stocking only.
2. Wear the compression stockings for 2 weeks following your treatment. You only need to wear them during the day and may keep them off at night. After healing, you may use them for long trips, prolonged standing, or when your legs ache.
3. **You will be able to maintain normal activities.** Walk at least 10-15 minutes every hour, the more the better! However, avoid standing for long periods of time. No heavy aerobics, heavy lifting or strenuous physical exercises for 2 days following your treatment. You may be able to return to work the next day.
4. Avoid hot baths, hot tubs, steam rooms or saunas for 2 weeks. Cool your legs with cool water after each shower.
5. Approximately 5-7 days after your procedure, you may notice a tightness or "rubber band-like" sensation in the area that was lasered. This is normal and will last up to a week.
6. Take any medication as prescribed by the physician. Usually an antibiotic is prescribed for 3 days. It should be started the day of the procedure and should be taken with meals. You may want to take an anti-inflammatory (such as Advil or ibuprofen) to minimize any discomfort you have.
7. Follow any additional instructions and appointments as indicated by physician.

If you have any questions or concerns contact our office, we will be available for any assistance you may need.