



I Just Had an EVLT....Now What?

If you have any questions or concerns at any time,
feel free to call **360-676-1225**

TODAY- DAY 1	Today I had my surgery. I need to: <ul style="list-style-type: none">✓ Leave my stockings/wraps on the rest of today and <u>all night</u> tonight.✓ Take my prescription pain medication &/or Ibuprofen as directed.✓ Stay off my feet the rest of today and elevate them.✓ Limit my activity for today to just getting up for meals or bathroom.
DAY 2	<ul style="list-style-type: none">✓ I can remove stockings to shower (no bath for the first week), but must <u>put them back on until bedtime.</u>✓ My activity level should be limited to walking around the house and mostly staying down with feet elevated.✓ I should use pain medications as directed.✓ I do not need to wear stockings to bed at night.

<p>DAY 3</p>	<ul style="list-style-type: none"> ✓ <u>Stockings on in morning and off at bedtime.</u> ✓ I need to still stay down most of the time with feet elevated and stick to just short walks around the house. ✓ I should have a post-op appointment either today or tomorrow to make sure everything is doing OK. I should bring any questions I may have. ✓ I do not need to wear my stockings to bed at night.
<p>DAY 4</p>	<ul style="list-style-type: none"> ✓ <u>Stockings on in morning and off at bedtime.</u> ✓ I am going to start feeling sore. I might have bruising, feel hard lumps, have a tight/pulling feeling. (Usually the 4th-7th days are the worst, but I might still be sore for up to a few weeks.) ✓ I can gradually increase my walking to around the block, but I should not overexert. If I do too much, the soreness will increase and I will take longer to heal. I should be able to sit down if I am feeling sore and listen to my body so I know when to quit. ✓ I do not need to wear my stockings at night.
<p>DAYS 5-7</p>	<ul style="list-style-type: none"> ✓ <u>Stockings on in morning and off at bedtime.</u> ✓ Activity should be the same, gradually increasing as tolerated and not overdoing it. ✓ My post-op instructions have detailed information on common problems and when to call.

<p>2nd WEEK</p>	<ul style="list-style-type: none"> ✓ I should continue wearing the stockings in the daytime. ✓ I can now take a bath, go in a pool or in a hot tub, unless otherwise directed by Dr. Taylor. ✓ Soreness might for a couple weeks, but should slowly improve. My post-op instructions have detailed information on common problems and when to call.
<p>3-6 WEEKS</p>	<ul style="list-style-type: none"> ✓ I need to make sure I do not travel long distances or go on flights for at least 3 weeks from date of procedure. Dr. Taylor will want to see me before I go. ✓ I will want to wait about 6 weeks from date of procedure to do strenuous exercise, unless Dr. Taylor gives me clearance to do it sooner.



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