

Bayside Vein and Laser Center
4540 Cordata Parkway Suite 201, Bellingham, WA 98226
360-676-1225

Discharge Instructions

Patient: _____

Date: _____

Office hours are Monday through Friday 9am-5pm.
If you need to reach an on-call physician after hours
call 360-715-2454.

Aftercare:

1. **EVLT ONLY:** Wear stockings all day and overnight day of procedure, then wear daily for 1-2 weeks and remove at night.

PHLEBECTOMIES: Leave your legs wrapped after procedure until we see you in 2-3 days for a post-op visit. We will remove the dressings and you may shower. Then continue wearing stockings daily for 1-2 weeks and remove at night.
2. Keep legs elevated as much as possible for the first few days.
3. **No** operating machinery, driving, drinking alcohol, or signing legal documents while on your pain medication.
4. Avoid heavy exercise, lifting, or prolonged standing for 2 wks or as directed by physician.
5. For your safety we suggest having someone with you for the first 24 hours after surgery.

6. Do not take flights or long car trips after your procedure until the doctor has cleared you.
7. **No** baths, hot tubs or swimming for at least a week after the procedure. You may shower the next day as long as phlebectomies were not included with procedure (Do not rub incisions or pull off steri-strips). With phlebectomies leave wrapped until your follow-up visit and do not shower until we have unwrapped and given the ok.
8. You may eat whatever you can tolerate after the procedure.
9. Drink plenty of fluids, especially if using pain medications.
10. You may take pain medications as directed by physician for pain.
11. Pain is different with everyone, but you should try to take it easy for the first week and elevate your feet as much as possible. The 3rd or 4th day is usually the worst for pain.

When to call your doctor:

Call if you have any of the listed symptoms:

1. Severe bleeding
2. Very swollen feet or ankles
3. Increasing pain
4. Numb feet
5. Signs of infection (red, hot, discharge from incisions, or fever over 100°F)
6. Chest Pain
7. Shortness of breath

Follow up appointment: _____