



4540 Cordata Parkway, Suite 201, Bellingham, WA 98226

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

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

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

<p><b>DAY 3</b></p>	<ul style="list-style-type: none"> <li>✓ <u>Stockings on in morning and off at bedtime.</u></li> <li>✓ I need to still stay down most of the time with feet elevated and stick to just short walks around the house.</li> <li>✓ 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.</li> <li>✓ I do not need to wear my stockings to bed at night.</li> </ul>
<p><b>DAY 4</b></p>	<ul style="list-style-type: none"> <li>✓ <u>Stockings on in morning and off at bedtime.</u></li> <li>✓ I am going to start feeling sore. I might have bruising, feel hard lumps, have a tight/pulling feeling. (Usually the 4<sup>th</sup>-7<sup>th</sup> days are the worst, but I might still be sore for up to a few weeks.)</li> <li>✓ 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.</li> <li>✓ I do not need to wear my stockings at night.</li> </ul>
<p><b>DAYS 5-7</b></p>	<ul style="list-style-type: none"> <li>✓ <u>Stockings on in morning and off at bedtime.</u></li> <li>✓ Activity should be the same, gradually increasing as tolerated and not overdoing it.</li> <li>✓ My post-op instructions have detailed information on common problems and when to call.</li> </ul>

<p><b>2<sup>nd</sup></b> <b>WEEK</b></p>	<ul style="list-style-type: none"><li>✓ I should continue wearing the stockings in the daytime.</li><li>✓ I can now take a bath, go in a pool or in a hot tub, unless otherwise directed by Dr. Taylor.</li><li>✓ Soreness might for a couple weeks, but should slowly improve. My post-op instructions have detailed information on common problems and when to call.</li></ul>
<p><b>3-6</b> <b>WEEKS</b></p>	<ul style="list-style-type: none"><li>✓ 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.</li><li>✓ 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.</li></ul>