**Home Instructions for Patients Having EVLT Procedure**

**Day of Surgery:** Walk frequently and stay active. This helps with circulation in your legs.

**Medications:** Resume home medications unless otherwise directed by your doctor.

**Compression Stockings:** please wear your stocking as directed.

Week 1- All the time except when showering.

Week 2- Wear stocking all day, but you may sleep with it off.

Avoid sitting for long periods.

You may remove tape and gauze after 24 hours.

Leave Steri-strips in place until they fall off.

**Sedation/Anesthesia:** The effect of your sedation can last up to 24 hours. No driving for 24 hours. It may impair your reflex, balance and judgment.

No Strenuous exercise, weight lifting or jogging for 5 days after procedure. You can expect a lot of bruising in operative areas for 2-3 weeks.

If you have any questions or concerns, Please call Dr. J. A. Himmelberg

1-888-828-5424 or

Midwest Surgery Center 402-502-5599.

Patient Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_