

Endovenous laser treatment (EVLT)

Practical information and recommendations.

Please read through this instruction leaflet carefully before the procedure.

Before the procedure

- Stop shaving your legs three days before the procedure.
- Do not use body lotion or other products on your legs.
- Wear comfortable, loose-fitting trousers or bring a pair with you.
- Wear comfortable, roomy shoes.
- Most treatments require that the doctor can access your thigh easily, so wear underwear without legs or with wide legs.
- If you were previously given stockings in our clinic, bring them with you.
- You will receive a recipe for Naproxen and Pantoprazole. You do **not** have to collect these at the pharmacy before the treatment.
- It is recommended you bring someone with you who can take you home afterwards.

During the procedure

During the laser procedure, you may briefly notice a funny taste. Gauzes will be applied to the sites of the anaesthetic injection and a plaster will be applied to the incision.

After the procedure

- After the procedure, you are advised to pick up the medication at your pharmacy or not. If this advice is given, take the medication for at least 1 week. If you still have pain symptoms the second week, continue to use the medication as prescribed.
- Remove the gauzes in the evening or the following day.

- Wear the support stockings at least 48 hours day and night and possibly longer during the day if you have any pain symptoms.
- The stockings ensure that you experience less pain.
- You may take a shower the next day (the 3rd day after treatment). (make sure the water is not too hot). You may remove any patches.
- Keep showers to a minimum, don't use too hot water and keep them as short as possible for the rest of the week.
- Put the stocking back on immediately after showering.
- Do not cut the stocking. If the stocking causes you a lot of pain, contact our clinic.
- If your feet hurt during the night, raise your legs a little.
- You may resume your daily activities straight away, however you might experience some discomfort in doing so.
- In the first week after the procedure, intensive sports activity's are prohibited.
- You can travel by airplane after one week.
- Protect yourself when you are exposed to the sun. Always use a sun protection cream with at least factor 30+.
- The first 24 hours after your procedure, your insurance will not cover any incidents if you participate actively in traffic (driving a car or a bike).

Urgencies: when should you contact us immediately?

Contact us immediately if you have a fever (above 38.5 °C), pus seeping from the incisions and/or a swollen, red, shiny, hot leg (upper or lower) leg. You can reach us 24 hours a day, 7 days a week for urgent cases by calling 088 628 74 00.

Non-urgent: asking a doctor for advice

For other, non-urgent questions, you can contact us from Monday to Friday between 08:00 am and 5:00 pm by calling 088 628 74 00.