

Date: \_\_\_\_\_

Patient

Name: \_\_\_\_\_ Account: \_\_\_\_\_

1. You will see swelling and bruising with some tenderness along the length of the vein after the procedure. This is normal. If you have any abnormal bruising, marked swelling or redness or any drainage contact the office.
2. Dr. Douglass may be reached during normal office hours at (865) 686-0507. After hours and on weekends, should you need Dr. Douglass, you may contact him directly at home (865) 470-2654 or on his cell phone (865) 300-7061.
3. You will need to wear the support stocking for a week. It is not necessary to sleep with the stockings and they may be removed for bathing but otherwise the stockings should be worn continuously. You may bathe 24 hours after the procedure.
4. You should take the Celebrex or Vioxx as directed by Dr. Douglass daily for a full week even if you are not having any symptoms of discomfort.
5. You may resume all normal activities immediately after the procedure with the exception of avoiding strenuous gym workouts for a week after the procedure. If any activity causes leg pain you should advise Dr. Douglass. A daily walk of 20 minutes is to be encouraged and promotes healing. Additionally, periods of elevation of 15-20 minutes during the day will promote rapid healing.
6. You will need to return for a post treatment check several days after the EVLT. Your legs will then be checked again some two weeks after the EVLT to determine if and when treatment should be undertaken for any residual varicose veins with ultrasound guided sclerotherapy.

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Patient Signature

\_\_\_\_\_  
Date