



## **Stocking Instructions**

**Wear the stockings continuously (day & night) for 3 days following the EVLA procedure.**

You may shower following the EVLA procedure; however you **MUST** wear your stockings and use only luke warm water for the first 3 days. The stockings will take about 15-30 minutes to air dry (the top band may take a bit longer). If you have a hair dryer with a cool setting, you may use that to help dry the stocking.

**After 3 days of continuously wearing the stockings, you will then wear them DURING WAKING HOURS ONLY for the next 11 days. During this time you can take them off to shower and to sleep.**

No lifting 40lbs or more for 2-4 weeks (this is a minimum!). We do not want you using your core (stomach) muscles for one month after EVLA. The more you use your stomach muscles, the more you force blood into your legs and increase the chance that the veins we treated could re-open. This includes **NO** shoveling, vacuuming, snow-blowing, etc.

**NO** lakes, pools or public waters for 2 weeks after any procedure.

**NO** hot tubs or hot baths for 2-3 months if possible.

It is normal during the first month to feel like there is a tight cord pulling in your leg(s). This is just the vein shrinking down. Also, a tender "bruised" feeling may occur and last a few weeks. Walking should alleviate any tightness/pulling in your leg(s).

**We would like you to walk at least 1 mile or 1 hour per day.** You may split this time up throughout the day if needed. Elliptical, treadmill, and biking are okay, but without resistance. This means no incline and at a comfortable pace. **The more you walk, the better your leg(s) are going to feel!** We actually encourage you to walk as much as possible. You cannot walk too much.

You will be required to wear your compression stockings whenever you fly for 1 year from the beginning of your treatment. It will greatly reduce your chance of blood clots. This also applies to longer car and bus rides. Anything over 2 hours we encourage you to wear your compression stockings.

**Never elevate your legs above the level of your heart with the stockings on!!** This is going to cut off too much circulation in your feet and could cause extreme foot pain. Recliners, stools, etc. are fine for elevation. Some people will get this foot pain at night while sleeping, if this happens, simply remove the stocking and put it back on in the morning.

You can wash the stockings on a normal cycle. **DO NOT USE WOOLITE.** Woolite breaks down the fibers in the stockings and you may need to purchase a new pair. Hang them to dry. Please refer to the stocking box for further instructions.

**PLEASE BRING YOUR STOCKINGS WITH YOU EVERYTIME YOU COME IN FOR AN APPOINTMENT!!**