

What Things You Should Know During Recovery Of EVLT?

Are you one of the people searching on the internet for **How can I permanently cure varicose veins?** And found EVLT or endovenous laser ablation. EVLT, or is an ultrasound procedure employed in the treatment of severe varicose veins. The endovenous laser ablation involved laser energy application with the help of fiber for damaging the varicose veins. With the help of EVLT treatment, varicose veins will disappear soon. In this article, we have mentioned what are the things you as an individual should know for fast recovery from EVLT treatment. Do make sure to read this article till the very end if you want to know about the EVLT recovery process.



What are the important things EVLT patients should consider after treatment?

After getting the procedure of endovenous laser ablation it is essential to take care of your body for fast healing. We have mentioned some important steps that a patient

with endovenous laser ablation should take after the treatment. The steps mentioned below are recommended by the experts for fast healing and better results so do make sure of reading these carefully:

- After the treatment, it is essential to take medicines on time
- After the treatment, a person should always be aware of signs of any infection development.
- Avoid traveling as much you can
- Avoid taking a hot shower.
- For speedy and effective recovery do make sure of wearing compression stockings
- Make sure to elevate your legs properly
- It is recommended to walk for at least 35 minutes a day
- Many doctors suggest after the procedure a patient should avoid lifting heavy weights and
- It is recommended to avoid prolonged standing and sitting



What should I do after the EVLT procedure?

Just after getting the treatment done it is suggested to take a walk for at least 30 minutes every day for relaxing the legs and regular movements. A patient should avoid intense workouts that can cause serious problems in vein functions. Lifting heavy weight and running can damage your veins which may require a visit to vein experts soon.

How long does it take to heal from EVLT?

The recovery duration of EVLT or endovenous laser ablation is speedy. Compared to other treatments of varicose veins, EVLT, or endovenous laser ablation takes a short time and delivers minimal pain. Vein specialists, recommend walking every 30 minutes after the treatment for avoiding infection and speedy recovery.

When can I resume work after EVLT?

According to experts, treatments like sclerotherapy and EVLT involved more than two sessions for effective results. Including the duration, a patient can resume their work activities after eight weeks. You should know **What is the main cause of varicose veins** is prolonged sitting and standing for hours which needs to avoid for regeneration of varicose veins after treatment.

Takeaway!

We hope you liked this article, and it was somewhere a help for you in understanding the recovery procedure of EVLT. If you are someone looking for [how much does varicose vein treatment cost](#), then you should visit our website where you'll find affordable treatment.

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