



# Paragon

*Vein Care & Aesthetics*

## EVLV Post – Surgical Instructions (Laser Procedure)

### **Please bring your stockings with you to all office visits.**

1. The local anesthesia will last for several hours after the procedure is over. You may take Ibuprofen 800mg with food, 3 times a day as needed for discomfort. Please let the doctor know if you have ever had any stomach or digestive problems, such as gastric reflux or bleeding ulcers.
2. If you have taken Valium for your surgery you will be escorted to “your driver”. Once you are home you will need to walk around periodically. When you are sitting down with your legs elevated please be sure to pump your affected foot. (As if you are pressing the gas pedal in the car).
3. After your procedure, you will have a bulky dressing on your leg and you will be fitted with a compression stocking. The dressing may be removed in 24 hours. **Please continue to wear your compression hose for 2 weeks.** Do not get the dressing wet for the first 24 hours.
4. After the first 24 hours you may shower as normal, the steri strip that is on your leg may be cleansed and then pat the area dry. If the steri strip is still there after 1 week you may remove it.
5. Walking daily is encouraged and promotes speedy healing. (30 minutes or more, each day is recommended). Avoid strenuous exercise such as weight training. Avoid prolonged standing for the first week and elevate your leg for 5-10 minutes periodically throughout the day.
6. A minimal amount of blood through the dressing is normal, however in the unlikely event that you notice the bloody area becoming larger, do not become alarmed. This is a minor problem that is easily controlled. First, elevate your leg. Keeping the leg elevated, apply some extra pressure over the area where the bloody spot is located. This can be accomplished by wrapping an ace bandage over the area. Elevation and compression are the most important things. After you have done this, please call the office for further instructions.
7. If you notice anything unusual that has not been discussed with you, or if you have any questions or concerns, please call the office immediately. A doctor can be reached for emergencies day or night. (704-786-1108)