



P a r a g o n
Vein Care & Aesthetics

EVLT Pre – Surgical Instructions (Laser Procedure)

1. Please inform us of any allergy to medications you may have. Please make sure that you eat a small meal 1 to 2 hours prior to your procedure.
2. You will be receiving a local anesthetic and oral sedative during the procedure. As such, we cannot allow you to drive home. **Please arrange for someone to take you home following this procedure.**
3. Your appointment time is for one-two hours. This includes time for set-up as well as a period of recovery from the sedative. The procedure itself usually last about 90 minutes.
4. **PLEASE BRING YOUR COMPRESSION HOSE** or you may purchase a pair at our office. We cannot perform the procedure if you do not have hose. Please let us know prior to your appointment if you need to purchase from us.
5. If you are having the “bulging vein” removed then please shave in the area of the bulging vein the day before your procedure.
6. After the procedure, you will have a dressing on your leg. Please leave this dressing in place for 24 hours. Do not get your dressing wet. Continue to wear your compression hose for 2-weeks after your surgery.
7. Walking daily after your surgery is encouraged and promotes speedy healing (30 minutes or more daily is recommended). After your surgery, avoid strenuous exercise such as weight training for 2 weeks. Also, avoid prolonged sitting or standing for the first week and elevate your legs at least 3 times a day for 5-10 minutes.
8. Your *after surgery* instructions will be reviewed with you the day of your procedure.