



Paragon

Vein Care & Aesthetics

Expectations after all Procedures

- **PLEASE BRING YOUR HOSE TO ALL APPOINTMENTS**
- After all procedures with EVLT or injections you need to wear your thigh high compression hose for 2 weeks during the day while you are up, not at night.
- You may take showers however no baths for the first week.
- You may experience some bruising, redness, tenderness or mild swelling. These are all normal responses that will resolve within a few weeks. Please wear your hose and pull them up as high as possible, as this will help with your symptoms.
- After the procedures you may experience a tight pulling sensation along the route of the vein. You may also have some “lumps” or a “bumpy” sensation at the injection sites or along the vein route. This is a normal response and will resolve in a few weeks. If this becomes a problem please contact the office and we will give you a recommendation for this.
- You need to walk as much as tolerated for the first week after any procedure.
- You may resume your pre-procedure activities as tolerated, other than weight lifting.
- After your EVLT procedure, at your six week follow-up appointment, you may receive injections into veins that are continuing to reflux. If you receive these injections you will need to wear your hose for 2 weeks.
- If you have any significant swelling, pain in your calf muscle when walking or other concerns please call the office immediately 704-786-1108, or 704-262-1658.