

Gilvydis Vein Clinic
Before/After Laser Procedure Instructions

BEFORE YOUR LASER PROCEDURE:

- You should plan on being here as long as 2 hours. Please read the following instructions to prepare for your laser procedure.
- Please obtain a prescription from your primary care physician if you require a mild anti-anxiety medication for your procedure. If you do not have a primary care physician and would like us to call in some medication it is your responsibility to notify our office one week ahead of your scheduled procedure. Notify our staff the day of your procedure if you have taken any anti-anxiety medications.
- Eat a light meal 1-2 hours prior to your procedure.
- Take all your usual medications the day of your procedure unless otherwise instructed.
- Wear loose fitting clothing and comfortable shoes the day of the procedure to accommodate the compression stockings.
- Shower the morning of your procedure. Do not use moisturizer on your legs. Do not shave your legs on the morning of your procedure.
- **You must have someone drive you home after the procedure.** The laser procedure will not impair your ability to walk, but due to the local anesthetic do not drive immediately following the procedure. It is okay to drive 4 hours after the procedure.
- Please remember to bring your compressions stocking. It is imperative to have tried on your compression stockings prior to your scheduled procedure. This will allow problems to be addressed and resolved and reduce delays on the day of the procedure.
- Please notify the office if you are sensitive to Band-Aids.

AFTER YOUR LASER PROCEDURE:

**You may resume normal activities including returning to work with these few restrictions and suggestions:

- You may experience variable amounts of pain after your procedure.
- You may take over-the-counter pain medication to alleviate pain and inflammation. We recommend using Ibuprofen, Naprosyn or Aleve. If you are unable to take these medications you may use Tylenol. Please take the medications as per instruction on the label.
- Expect bruising, swelling, tightening or pulling sensation, lumps and temporary darkening of the color of your skin/vein. Major venous changes will be occurring for the next 3 months and minor changes for up to a year.

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- You will need to wear your compression stockings for a full 48 hours from the time of your last procedure. You may remove your stockings, Band-Aids and shower after _____. You may resume shaving your legs at this point. You will need to put the stockings back on until bedtime. You do not sleep with the stockings after the first 48 hours, but will need to wear the stocking during your waking hours for the next 10 days. The last day you are required to wear the stocking is _____. Your stocking will be snug but your toes should be warm and free moving.
- Walking is the most important factor in your recovery. There is no limit to the amount of walking you do, in fact the more you walk the better you will feel and the quicker you will heal. When you are not walking try to elevate your legs as much as possible. Avoid prolonged standing or sitting in one place for more than 2 hours at a time. You must try to walk at least every 2 hours.
- There will be some drainage on your stockings the day of the procedure. This is normal and not cause for alarm.
- For 2 weeks after your procedure, avoid lifting more than 40 lbs or motion that causes straining of the abdominal muscles. Do not push or pull more than 40 lbs. Avoid strenuous exercise such as impact aerobics, weight training, yoga, bicycling, swimming and running for 2 weeks.
- Refrain from hot tubs, saunas, baths and hot showers for 72 hours following your procedure.
- Avoid exposing your legs to the sun or tan bed for 2 weeks following procedure of if bruising is still present.
- Do not fly for one week following your procedure.
- Resume your medications and diet as before procedure unless otherwise instructed by your physician.
- Always hand wash your stockings. Use a mild dish detergent and lukewarm water and hang to dry. Do not machine wash or put in a dryer.
- Always bring you compression stockings with you to all appointments.
- *If you are experiencing extreme pain, heavy bleeding, drainage, rash, increasingly raised red/hot area or fever notify the office.*

**PLEASE CALL 815-981-4742 IF YOU HAVE ANY QUESTIONS OR CONCERNS.
YOU MAY ALSO EMAIL YOUR QUESTIONS TO
GILVYDISVEINCLINICPA@GMAIL.COM**