



CAROLINA VEIN
SPECIALISTS

Pre-Treatment Instructions **EVLT (Laser) and M.O.C.A. (Clarivein)**

1. Please inform us of any allergy to medications you may have.
2. Please fill the enclosed prescription for Alprazolam (Xanax) and bring it with you to surgery.
3. You will be receiving a local anesthetic and perhaps an 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.
4. Your appoint time is for **two hours**. This includes time for set-up as well as a period of time to recover from the sedative. The procedure itself usually lasts about **one hour**. Please be at the office 15 minutes prior to your appointment.
5. Please do not wear “flip-flop” type shoes the day of the procedure.
6. If you take aspirin, other blood thinners, or supplements such as vitamins C & E on a regular basis, please tell the doctor.
7. Shave the operative leg the night before your surgery.
8. **Please eat a small meal** one – two hours prior to your procedure. **DO NOT** come to the office on an empty stomach.
9. Please bring your **thigh-high** compression stockings with you on the day of your surgery.
10. After the procedure, you will have a dressing on your leg. Please leave this dressing in place until the following day. Do not get your dressing wet. You may use a trash bag in the shower to cover your leg and keep your dressing dry.
11. We expect you to resume all of your pre-procedure activities (including work) the following day, except for heavy lifting. We would like you to continue to keep moving and maintain a normal level of activity.
12. After your surgery, avoid strenuous exercise such as high-impact aerobics, weight training or running for two weeks. Walking daily (30 minutes or more) is encouraged and promotes speedy healing. Avoid prolonged sitting or standing for the first week.
13. Post-surgery instructions will be reviewed with you following your procedure.
14. **Please read the enclosed consent forms and bring them with you on the day of your procedure.**
15. Call us if you have any questions.