



## Endovenous Laser Ablation (EVLT)

### Pre-Operative Instructions for EVLT

- It is very important that you arrive at the facility 30 minutes early. After signing in, we ask that you remain standing to help your veins open fully.
- You may eat a regular meal prior to your procedure.
- Take your regular medications prior to the procedure.
- Please let us know if you are on Heparin or Coumadin, or another anticoagulant.
  - Bring medication list
- We recommend a licensed driver bring you for your first laser procedure.
- Loose fitting, comfortable clothing and shoes should be worn.
- Valuables such as jewelry should be left at home.
- Your visit takes approximately 30-45 minutes.
- There are travel restrictions post procedure. Please consult the staff if you have travel plans that coincide with the procedure.
- **DO NOT** wear your compression stockings the day of your procedure. **BRING THEM WITH YOU.** After the procedure, we may apply your compression stockings or use a compression dressing.

### Laser Procedure Overview

An ultrasound (Doppler) evaluation is performed and a suitable site for accessing the vein is found. The ablation technique involves placing a needle and catheter into a superficial vein after the skin has been anesthetized. The catheter is positioned near the junction of the superficial with the deep vein. The area around the vein to be treated is injected with a liquid preparation of tumescent anesthesia (saline, xylocaine and bicarbonate) which anesthetizes the surrounding tissue and collapses the vein. The laser then eliminates the vein using heat to damage the inner layer and fusing the walls. The actual laser procedure takes about three (3) minutes and a pressure dressing is applied to the leg to assist healing and minimize swelling. This dressing should be kept on, and dry, for approximately 2-days and then return to daily compression wear.

### Post- Operative Instructions for EVLT

- Before leaving the office, make sure your next appointment has been scheduled. Please notify the office if you need to reschedule any of your appointments, preferably 24-hours in advance.



- Please notify the office if you need to reschedule any of your appointments, preferably 24-hours in advance. **Compression dressings/hose should be worn for 48 hours** after your procedure, including sleeping and showering (keep dry while bathing). If there is displacement or extreme discomfort (pinching, rubbing, etc.) of the dressing despite efforts to re-wrap, please contact the office and speak to a clinician. You may be able to eliminate the dressing before 48-hours.
  - Do not be alarmed if you see some blood-tinged drainage on the dressing.
  - After 48-hours you can get your leg wet (shower, swim).
  - Beyond the 48-hours, resume normal compression use.
- For pain/discomfort, you may use ibuprofen or acetaminophen (**UNLESS YOU HAVE BEEN ADVISED NOT TO TAKE THESE MEDICATIONS FOR ANY REASON INCLUDING POTENTIAL INTERACTION WITH CURRENT MEDICATIONS**). You may take up to 600mg of ibuprofen every 6-hours or 500mg of acetaminophen every 4-hours, with food, as needed.
- **DO NOT** use heat. Avoid hot tubs and hot showers.
- You may use a cold compress or ice pack (may be beneficial even after the dressing is removed). **DO NOT** apply ice directly on your skin.
- Maintain some level of activity. This should consist of mild to moderate walking. Standing or sitting for long periods should be avoided for the next 3-5 days.
  - Do not power walk, run, vigorously exercise or perform any other activity that will increase your body temperature for the next 3-5 days. Luke-warm showers are okay
- If travel is anticipated or becomes necessary within a week of the procedure, please seek guidance from one of our providers.
- Your provider may ask you to elevate your leg periodically and/or pedal your foot. Elevation helps decrease swelling.
- You may apply Arnica® cream and/or take Arnica® tablets to decrease bruising, swelling and pain.
- Use sunscreen of at least 30 SPF on any of the treated areas any time you are in the sun post procedure; or cover treated area completely. Sun exposure to bruised or treated areas will increase the chance of permanent hyperpigmentation (skin discoloration/staining).
- Homeopathic Arnica® in cream and/or oral form may be used in addition pre-operatively or post-operatively. Arnica is routinely used for cosmetic procedures to help decrease bruising and discomfort. You may purchase this at our office, most retail pharmacies or from a health food store.

### **Possible Side Effects**

- **Drainage** – You may notice some drainage (light red/brown) on the dressing. This is mostly the IV solution that was used during the procedure, along with blood tinging.



- **Pain**-You may experience pain in the treated area. During the 4-5 days after treatment of the great saphenous vein in the thigh you may experience discomfort in your upper, inner thigh. The tenderness decreases as you heal.
- **Redness** - Is usually not infection but rather inflammation which does not require an antibiotic. If this increases in size or becomes more tender please contact the VVC office to report.
- **Itching or Burning** - This can be normal and should resolve within 1-2 hours but can last 2 days. If skin is dry, lubricate. If there is a rash, use hydrocortisone
- **Hyperpigmentation**- After your treatment, you may notice some discoloration (dark streaks) along the treated veins, along with hard bumps. This occurs when the blood gets trapped inside the vein after it closes down. We can usually “express” or “flush” the trapped blood out on your next visit if this is necessary. If the flushing does not alleviate the discoloration, it will fade on its own over time. In rare instances, there can be some permanent discoloration. If there is associated pain, there may need to be further treatment of the affected area. Contact our office to discuss with a clinician.

**(YOUR FOLLOW-UP APPOINTMENT IS ESSENTIAL TO LIMIT THIS OCCURENCE)**

- **Swelling**- Can occur after a treatment. This usually occurs above the compression dressing or in exposed areas not wrapped and around the foot. **Wearing compression hose and elevation helps.**
- **Numbness or altered skin sensation** - May occur at the site of treatment or lower on the leg or foot. This usually decreases or becomes less noticeable over several weeks to months.
- **Skin Slough** – Sloughing, the process of shedding dead surface cells from the skin, is rare after undergoing sclerotherapy. If a small sore appears at the injection site it will heal over several weeks.
- **Deep Vein Thrombosis (DVT)** – This is a rare but reported complication of sclerotherapy. With a DVT, there is always a risk of pulmonary embolus (a deep blood clot breaking off and passing to the lungs). The signs of DVT would be new swelling of the lower leg with dull pain. Sharp or sudden pain in the leg is most probably muscular and not a clot. Contact the office and speak to a nurse if you are experiencing these symptoms.
- **Pulmonary Embolus** would present as unexplained shortness of breath or chest pain on inhalation.
- **Superficial Venous Thrombosis (SVT)** – This is partial or unexpected closure of a vessel that cause phlebitis and may be painful.
- **Follow Up** - please make every effort to schedule your follow up appointment so we reassess your current care plan.

**IF YOU EXPERIENCE CHEST PAIN, PAIN WITH BREATHING, SHORTNESS OF BREATH OR ANY COMBINATION OF THOSE SYMPTOMS, HAVE SOMEONE DRIVE YOU TO THE EMERGENCY ROOM. OTHERWISE, IF YOU HAVE ANY QUESTION ABOUT REGARDING YOUR PROCEDURE, PLEASE CALL OUR OFFICE AT 1-877-244-8558, 24 HOURS; ON CALL PHYSICIANS ARE AVAILBLE AFTER HOURS. YOUR CONCERNS WILL BE ANSWERED AT THAT TIME OR AS SOON AS POSSIBLE.**