

ENDOVENOUS LASER ABLATION

WHAT IS A ENDOVENOUS LASER ABLATION?

Endovenous laser ablation (EVLA) is a minimally invasive medical procedure used to treat varicose veins. During EVLA, a thin laser fiber is inserted into the affected vein through a catheter. The laser delivers targeted heat energy to the vein wall, causing it to collapse and close. This closure redirects blood flow to healthier veins, relieving symptoms such as pain and swelling associated with varicose veins. EVLA is considered an effective and less invasive alternative to traditional surgical vein stripping for treating varicose veins.

PRE-PROCEDURE INSTRUCTIONS / PREPERATION:

- Your cardiologist may recommend wearing compression stockings before the procedure. These stockings help improve blood circulation and can aid in the healing process.
- Do not take any Aspirin and NSAIDS (eg: Ibuprofen, Advil, Motrin, Aleve, or Naprozen) for 7 days prior to your EVLA procedure. This will help minimize any bleeding or bruising. Please make sure you inform your cardiologist about all the medications you are taking, including prescription and over-the-counter drugs, as well as any supplements. Adjustments may be necessary.
- Do not smoke or drink any alcohol for 2 days prior to your procedure.
- Do not apply any topical lotions, creams, or substances to the treated leg 2 days prior to your procedure.

ON THE DAY OF YOUR PROCEDURE:

- Wear comfortable and loose-fitting clothing and walking shoes. This makes it easier for our healthcare team to access the treatment area and easier for you post-treatment.
- Please bring your compression stockings to your appointment.
- We will prescribe a mild sedative for you if you desire. DO NOT take the sedative prior to arriving to your appointment.
- Please arrange for someone to drive you home after the treatment, as you may experience some temporary discomfort or sedation effects. If you require a sedative, we will be required to have a driver.

WHAT TO EXPECT DURING YOUR PROCEDURE:

1. Tumescant local anesthetic fluid will be injected to numb the area where the catheter will be inserted.
2. A thin catheter is inserted into the affected vein through a small incision or needle puncture. Ultrasound imaging may be used to guide the accurate placement of the catheter.
3. A laser fiber is threaded through the catheter and positioned within the targeted vein.
4. The laser is activated, delivering controlled heat energy to the vein wall. This causes the vein to collapse and close, redirecting blood flow to healthier veins. This portion of the procedure is painless.
5. Steri-strips, small adhesive bandages, are placed over the small skin punctures. The leg is wrapped with gauze and a bandage.

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POST-PROCEDURE INSTRUCTIONS:

Compression Stockings:

- If undergoing Endovenous Laser Therapy (EVLT), Clarivein, RFRadiofrequency Venefit procedure, you'll wear one stocking on the treated leg for up to two weeks.
- You may remove the stocking while showering starting the morning after the procedure.
- If undergoing Ambulatory Microphlebectomy, you won't be able to remove stockings for showering for 48 hours.
- You may resume your normal daily activities. Walking and light exercise is encouraged.
- Take 4-5 minute breaks every 45 minutes if driving for more than an hour or if sitting for long periods of time for the first 2 weeks.
- No flying for 14 days following your procedure.
- No strenuous exercise for the first 2 weeks after your procedure.
- No hot baths, saunas, or hot tubs for 2 weeks after your procedure.
- No smoking or consumption of alcohol for 2 days after your procedure.
- Do not apply any topical lotions, creams, or substances for 2 days after your procedure.

WHAT TO EXPECT DURING THE HEALING PROCESS:

It is normal for your legs to ache for several days after your procedure. This usually improves with walking and anti-inflammatory medication. When you remove your compression stockings, you may see bruises over the injection/catheter sites. These will fade over the next 2 weeks. You can expect the treatment areas to look worse before they look better.

WHEN TO CALL THE DOCTOR:

- If you have any questions or concerns about compression stockings, or your before/after care instructions.
- If you have a large, firm, painful/throbbing areas and or/redness over the treated vein(s).
- If you have worsening swelling in your leg after treatment.
- If you have red and warm skin along the treated vein.
- If you develop a rash or fever.

*****IMPORTANT:** If you experience bleeding, chest pain, shortness of breath, difficulty breathing or substantial pain, please call 9-1-1 or go to your nearest emergency room.

FOLLOW-UP APPOINTMENTS:

Depending on your procedure you can expect to have a follow-up appointment within the first 2 weeks, and again after 1 month. If needed, we will schedule you for an additional follow up appointment at 6 months post procedure.