

NORTHWEST  
**Vascular and Vein**  
*Specialists*

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**EVLT - Endovenous Laser Therapy - is a non-surgical treatment used to close veins that are not functioning properly.**

**During EVLT, a laser is placed in to the targeted vein using ultrasound guidance. The vein is surrounded with numbing medication using a small needle. The laser is then turned on and slowly withdrawn collapsing the vein using heat energy. The body immediately re-routes the blood into normal functioning veins.**

**Patient satisfaction with endovenous laser therapy is high. A prominent study published in the Journal of Vascular and Interventional Radiology showed better than a 93% success rate after two years although our results are even higher. These results are superior to other methods for treating varicose veins, including surgery, with lower rates of complication and the avoidance of general anesthesia.**

**Procedures are performed 1 leg at a time and 1 vein at a time. This is done to avoid contamination. When more than 1 procedure is necessary on a single leg these can be scheduled within the same week. If treatments are required on the opposite leg these are scheduled a minimum of 2 weeks apart to allow for healing time. Each procedure takes approximately 30 minutes.**

**Reasons for Having EVLT**

**Closing abnormal veins can eliminate aching, throbbing, cramping, swelling, tiredness and heaviness in the legs. In some cases it may also improve leg cramps and restless legs. It can reduce the dangers of non-healing wounds, bleeding episodes and blood clots posed by varicose veins.**

**After EVLT there is minimal downtime. You may resume normal activities and return to work the same day of your treatment.**

**Risks Involved in EVLT**

**Potential but uncommon side effects may include but are not limited to:**

- **Bruising or bleeding at the puncture site, or infection (from catheter insertion).**
- **Local numbness that usually resolves completely (10%)**
- **Inflammation of the vein**
- **Insufficient closure of the varicose vein, requiring an additional treatment (1%)**
- **Injury to skin (1%)**
- **Deep vein thrombosis/ Pulmonary Embolism (1%)**
- **Hyperpigmentation (1%)**

### Insurance Coverage

Endovenous laser therapy is usually covered by insurance after meeting insurance specifications. We will pre-certify or do a predetermination for your procedures if required. The authorization process can take up to 30 business days. Once correspondence has been received from your insurance our Surgical Coordinator will contact you.

### Preparation Guidelines

- Bring your 20-30mmHg compression stockings to the office on the day of the procedure. These must be obtained from your physician or by prescription. (NOT the white ted hose you get from the hospital)
- There are no diet restrictions prior to the procedure. Please be sure to eat prior to appointment.
- Do not discontinue ANY medications prior to your procedure, unless directed to do so by your physician
- Please shower on the day of your procedure, but do not apply lotion to the leg being treated.
- Your Mobic prescription will be sent electronically to your pharmacy the Friday before your procedure. You will begin taking this medication after your procedure with food unless otherwise indicated by your doctor.
- Your Valium prescription (if requested) will be sent electronically to your pharmacy the Friday before your procedure. Please take 30 min prior to procedure. You must arrange for transportation as you are not allowed to operate a vehicle while taking this medication.

### What to Expect During Your Varicose Vein Treatment

When you arrive on the day of your procedure you are welcome to ask any last minute questions. You will be prompted to sign a consent form prior to any treatment. The doctor will bring you to the procedure room where you will be asked to change into a gown. Protective glasses will be given and must be worn during the course of your procedure.

Once treatment begins your leg will be sterilized and a sterile drape will be placed over you. Ken, our ultrasound technician, will show your doctor where the non-functioning vein is under the skin surface. A small needle will anesthetize the area and catheter will be placed into the vein just like drawing blood or starting an IV. After the catheter is in place, the laser will be advanced into the vein using ultrasound guidance. Local anesthetic will be applied along the length of the vein to make the procedure virtually painless. The laser is turned on and slowly removed, closing the vein down as it is withdrawn.

The entry site will be covered with butterfly bandage, gauze and a clear waterproof dressing. We will put the compression stockings on for you. If you are returning the next day, your doctor will remove your dressing. If you are not returning, you may remove the clear adhesive and gauze the following day but leave the skin colored butterfly bandages on for 4 or 5 days. These may get wet in the shower.

You will have an ultrasound within 2-5 days after your last treatment on the leg that was treated. The ultrasound technician will perform an ultrasound to ensure that the non-functioning vein has been completely closed and no blood clots have developed.

### Cancellation Policy

You must notify our office of any necessary cancellations at least 24 hours prior to your scheduled appointment, or you will subject to a \$100.00 cancelation/no show fee.

### Recovering from Your Procedure

1. Take it easy the day of the procedure if you have taken Valium. If you did not take Valium, you may return to normal activities as tolerated. Avoid heavy activity.
2. Compression stockings are to be worn 24 hours a day for the first week, only to be removed for showering, no exceptions. During the second week stocking are only required to be worn during waking hours, and may be removed prior to going to bed.
3. Please remove the clear dressing and gauze from the laser procedure the next day, but leave the tan colored butterfly bandages on for 4-5 days. These may get wet in the shower. If the gauze dressing gets wet prior to removing it please contact the office for further instructions.
4. You may shower the day after the procedure. Do not scrub the area where the tan bandages are. Do not soak in a tub or go swimming for 2 weeks.
5. No airline travel, or car travel further than a two hour distance, for 2 weeks. **NO EXCEPTIONS.**
6. Bruising and redness is normal. You may also feel a tugging sensation for the first week after the procedure. Sometimes people can feel a hard area like a pencil under the skin especially around the knee. This is normal and will go away in a few months. The discomfort goes away in a few weeks but should not inhibit your normal activities. If you are experiencing significant pain, call your doctor immediately. Dr. Woloson can be paged after hours for urgent matters.
7. If prescribed, take Mobic (Meloxicam) 7.5 mg once daily for 10 days, starting the day of your first procedure. This is for mild pain, inflammation and swelling. It should be taken even if you do not have pain. For additional pain control, take Tylenol ES 1-2 tabs every 4-6 hours as needed. **DO NOT** take Aleve, Motrin or Advil. If you have an adverse reaction to Mobic (Meloxicam), take Aleve 1 pill twice daily for 10 days instead. If you are on a blood thinner such as Coumadin, Warfarin, Xarelto, Eliquis or Pradaxa you will not take Mobic due to increased bleeding risk.

**\*\*\*A holistic alternative for the treatment of inflammation is Turmeric with Black Pepper taken as 1 pill twice daily.**

**\*\*\*A topical anti-inflammatory is Arnica gel that also helps with bruising and inflammation.**

**We sell both of these in our office if you are interested.**

- 8. Make an appointment for 2-5 days after your last procedure on a leg for a routine ultrasound to assess your veins. We will arrange this for you in the office at that time.**
- 9. Follow up with your surgeon 2 weeks after your last procedure.**

**Please call the office with any questions 847-577-5814**