



ENDOVENOUS LASER ABLATION (EVLA)

Endovenous Laser Ablation (EVLA) is a minimally invasive method for treating varicose veins of the leg using laser energy to shrink and collapse the EVLA-treated varicose veins.

When a varicose vein is treated by EVLA to shrink and collapse the varicose vein, the remaining blood flow is redirected to normal veins within the leg thereby allowing return of venous blood from the leg to the heart and lungs.

Pre-Treatment Instructions:

- No Aspirin and NSAIDS (eg: Ibuprofen, Naproxen) for 7 days prior to an EVLA procedure to minimize bruising and bleeding.
- No topical lotion should be applied to the treatment leg for 2-days before and 2-days after an EVLA procedure.
- On the day of your EVLA procedure you are encouraged to eat usual meals for you. Tumescence local anesthetic fluid will be injected along the course of your EVLA-treated vein segment to numb or anesthetize your treated vein.
- The actual laser surgery portion of the EVLA procedure is painless, and you can expect to be fully awake before, during, and after your minimally invasive EVLA procedure.
- On the day of your EVLA procedure it is recommended that you wear comfortable clothes, and bring along with you comfortable walking shoes.

Post-Treatment Instructions:

- After your EVLA procedure, you will have medical grade compression stockings placed on your treatment leg. You will walk for 20 minutes since walking reduces the superficial venous pressure and serves to increase venous circulation within the deep veins of your calf and thigh muscles.
- Whenever your legs ache or throb, improved venous flow can be achieved by additional walking or leg exercises to alleviate your discomfort. You are encouraged to walk or exercise several times per day for at least one week following your EVLA procedure.

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- You may resume your regular activities after your EVLA procedure. However, no heavy lifting (over 30 lbs) or activities which engage your “core” for one week. It is advised that you wear compression stockings following your EVLA procedure.
- You will have to avoid elevating your legs above your heart level while you are wearing your compression stockings. Putting your stockings on, or taking them off, is best accomplished while you are laying down.
- Do not take hot baths or sit in a whirlpool or sauna for at least a month following your EVLA procedure. You will have to avoid leg submersion in a swimming pool, lake, ocean, or a potentially contaminated body of water for at least 2 weeks following your EVLA procedure to ensure the skin punctures from your laser vein surgery are completely healed to reduce your risk of developing an infection.
- Taking a shower, but not a bath, is allowable after an EVLA procedure. Importantly, the shower water temperature should be luke warm or tepid, rather than hot, to minimize potentially harmful heat-induced vein dilating effects which could lead to re-opening or re-canalization of the EVLA-treated vein(s).
- You will have to avoid direct sun exposure (laying out or tanning) on your lower extremities for 30 days after sclerotherapy. Indirect sun exposure (walking around in shorts) is okay. Protect your skin on your legs with SPF 30 or higher UVA/UVB sunscreen protection whenever sun exposure occurs.
- You will have to avoid air travel for at least 72 hours following your EVLA procedure. Wear your compression stockings during all air travel. Remember to move your legs and feet intermittently and keep them active while you are in flight or traveling to promote venous return and to mitigate against venous pooling in your legs.
- You will be encouraged to walk a total of one mile a day (preferably in 2-3 separate walks) and to avoid excessive standing while you are motionless. Exercise options include walking, cycling, elliptical, treadmill, and light aerobics. You may flex and point your toes such that you are moving your feet up and down 10 times or so every 5 minutes while sitting to improve the deep venous return in your legs.
- If you experience signs or symptoms which are worrisome to you, you should contact by phone. Side effects which are worrisome include fever & chills, increasing redness or purulent drainage at skin access or injection sites, worsening pain localized to an EVLA-treated vein segment, and progressive swelling or edema. It is normal and expectant that EVLA-treated vein segments will be firm, ropelike, tender to the touch, and mildly swollen.
- Rarely skin numbness may be felt along the EVLA-treated vein segment. This skin numbness if it occurs usually resolves within few months.