

EVLT Instructions

Pre-Procedure:

What is EVLT (Endovenous Laser Therapy)?

All veins have valves that act like traffic signals, opening and closing to make sure blood is always flowing the correct direction. Varicose veins are veins with broken valves. In a varicose vein, blood flows backward and stays in the vein. This causes the vein to expand, stretch, and become twisted, which prevents it from circulating blood effectively. Endovascular Laser Therapy is a thermal option of treatment on varicose veins. Treatments are minimally-invasive procedures that closes varicose veins, restoring proper circulation and causing the twisted, bulging veins to disappear over the course of a few weeks.

How is EVLT (Endovenous Laser Therapy) treatments preformed?

A catheter or fiber is inserted into the malfunctioning vein, then heat is used to close it off (also known as ablation). A laser light emitted through a thin fiber inserted into the damaged vein delivers just a small amount of energy. The laser energy heats the blood, which affects the vein wall, shrinking them closed so that blood can no longer flow through. After the EVLT procedure, your body will naturally route blood flow to other veins. Bulging and pain in the damaged and now-sealed vein will subside after the procedure.

What are some of the risks?

- ✓ Leg pain or discomfort
- ✓ Blood clots within the veins
- ✓ injection site bruising or pain

Please read these instructions carefully so you are prepared for your procedure.

One Week Before Procedure:

- ✓ Please advise us if you are taking any blood thinners: (i.e.: Aspirin, Plavix, Warfarin, Eliquis, Xarelto, Pradaxa, Aggrenox, Ticlid, Prasugrel, Dipyridamole, Anagrelide). The doctor may have you hold these medications for 3 days before your procedure date.
- ✓ Ensure appropriate compression usage - The compression stocking must be classified as medical grade and at least 15-20mmHg. It is recommended that socks that are within measurements and have "graduated compression" to help ensure therapeutic response and comfort

Day/Night Before

- ✓ Avoid shaving your legs on the day before your procedure.
- ✓ Avoid applying lotion to your legs on the day before your procedure.
- ✓ Drink a lot of water and stay hydrated on the day before your procedure.

Day of Procedure:

- ✓ You are able to drive yourself to and from your procedure. Plan on being here for 30-60 minutes.
- ✓ You are able to eat a light breakfast or lunch prior to your procedure.
- ✓ Avoid caffeinated beverages before your procedure.
- ✓ Take a shower and wash your leg with antibacterial soap the morning of your procedure.
- ✓ Do not apply any lotion.
- ✓ Wear loose fitting shorts or pants
- ✓ Take 400-800 mg of Ibuprofen (Motrin or Advil) or 1000 mg (Tylenol) 1 hour prior to your procedure

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Post-Procedure:

Drainage/Dressings:

During your vein procedure, up to 2 cups of solution to numb and buffer your veins will be instilled under your skin. Over the next few days, some of this solution will leak out of your skin. There may be some minor bleeding from the incision in the calf. If you have active bleeding place your finger over the site and hold pressure for 5 minutes to stop it. Then rest for approximately 30 minutes before you return to any activity. You may change your dressing if they become heavily soiled.

Leg Wraps/Compression:

The ace wraps placed on your legs following surgery have many purposes and are an important part of your recovery. They reduce swelling and bleeding, protect your leg from injury, secure your dressings and help complete the vein closure. If you experience foot numbness, your wraps may be too tight. Loosen your wraps and re secure them.

It is important that you wear your wraps when you go to sleep for the first night, after that only during the day is needed. You need to remove the wraps and dressings 24 hours after your procedure and wear your compression stockings. The compression stockings must be worn during the day for a minimum of 30 days following your procedure. Consider wearing compression stockings during the day long term. At night you can take them off to sleep. Remember, the more you wear your stocking, the better your results will be and with fewer complications.

Activity:

- To stimulate your circulation during your recovery, take short 5-10 minute walks during the day for the next 5 days. Avoid sitting for long periods (more than an hour). If your work requires you to sit most of the day, perform foot flexion exercises 10 times every 1-2 hours.
- No weight lifting more than a gallon of Milk or aerobic workouts for 2 weeks during your healing period. Then you may resume normal exercise routine.
- No hot showers, baths, pools, or hot tub use for the next two weeks. Keep your showers short for the next 2 weeks.
- Avoid sun exposure (tanning or sunbathing) to the treated leg for a minimum of 7 days.
- Avoid air travel for a minimum of 7 days following your procedure.

Discomfort:

Expect to experience bruising, achiness, tightness, and/or small along the treated veins and a tightening sensation in the 2-3 week period following treatment. You may experience a pulling sensation, similar to a pulled muscle. This is due to your treated vein shrinking. This is expected and temporary. This will gradually improve over time. **You may apply an ice bag over your area of discomfort and leave for 15 minutes at a time.** It is recommended that you take 400-800 mg of Ibuprofen (Motrin or Advil) every 8 hours for the next 5 days regardless of pain level. This will help to reduce the discomfort and inflammation. If you are unable to take ibuprofen products it

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is ok to take 500 mg of Acetaminophen (Tylenol) every 8 hours for the next 5 days regardless of pain level. This will help reduce the discomfort. Please take these medications with food to reduce the chance of stomach upset. If these over-the-counter medications do not ease your discomfort, please call our office.

Numbness, tingling, or a "pins and needles" sensation (paresthesia) is a common, usually temporary, side effect of EVLT affecting roughly 1 in 20 patients. It occurs due to temporary irritation or minor thermal damage to small sensory nerves near the treated vein, often in the calf or ankle area. Gentle massage techniques may help, typically resolving within a few weeks to months as nerves heal, persistent cases require evaluation.

WHEN TO CALL THE OFFICE:

- ✓ If over-the-counter pain reliever does not reduce your discomfort to an acceptable level
- ✓ If you develop a temperature over 100 degrees F
- ✓ If you experience foot numbness and loosening your wraps does not help
- ✓ If you have ANY concerns, call our office.

Office hours Monday-Friday 8 am- 4:30 pm

Office number is 913-529-8600, follow prompts to reach after hours on call staff if outside business hours.

You have been scheduled for Vein Treatment with KCVI.

Date of Procedure: _____ Arrival Time: _____

DATE: 3 Day Scan _____ Arrival Time: _____

DATE: 3 mo scan and Office visit _____ Arrival Time: _____