



## **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.
- Once a varicose vein is treated by EVLA to shrink and collapse the abnormal vein, the remaining blood flow is re-routed to normal veins within the leg where it returns to the heart and lungs.

### **Pre-Treatment Instructions:**

- No Aspirin and NSAIDS (eg: Ibuprofen, Advil, Motrin, Aleve, 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 prior to, and 2 days following an EVLA procedure.
- You are encouraged to eat regular meals and to take your approved meds before your EVLA procedure. 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 procedure is painless and you will be fully awake and conscious during your EVLA procedure.
- Wear comfortable clothing and walking shoes since you will walk on our clinics treadmill after your EVLA procedure.

### **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 on our clinic treadmill 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.
- You may resume your regular activities one week after your EVLA procedure. It is advised that you wear compression stockings following your EVLA procedure. Our nursing staff will review the recommended duration of compression stocking usage with you.
- Avoid elevating your legs while you are wearing your compression stockings only if a painful tourniquet sensation is felt in your feet due to arterial compromise incurred by gravitational & compressive forces. Otherwise, if well tolerated, your legs can be raised while you are wearing your compression stockings.

- Careful handling of your compression stockings while wearing gloves minimizes the chances they will be damaged or destroyed by runs, holes, tears, or snags. The stockings purchased by you are not warranted against incurred damage or defects. Physician's Vein Clinics may recommend that you purchase new stockings if their condition warrants replacement.
- Please inform the nursing staff at Physician's Vein Clinics if you are experiencing difficulties with your compression stockings. We offer a water soluble adhesive or stocking glue to keep your stockings adherent to your skin if they roll down at the upper thigh area.
- Putting your stockings on, or taking them off, is best accomplished while you are lying down. If you need to assume a more accommodating position then please do so, whichever position works best for you.
- Do not take hot baths or sit in a whirlpool or sauna for at least a month following your EVLA procedure. 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 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.
- Avoid air travel for about 1 week following your EVLA procedure. Wear your compression stockings during all air travel and keep your legs and feet intermittently active while you are in flight.
- You are encouraged to walk a mile a day 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** your vein specialist at the Physician's Vein Clinics. 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 expected that EVLA-treated vein segments will be firm, ropelike, tender to the touch, and mildly swollen. Any perceived changes in your skins sensation along the course of the EVLA-treated vein is somewhat common and usually resolves within 3 to 6 months.
- **Physician's Vein Clinics offers a 24-Hour Answering Service for all of our patients.** If you have any questions or concerns, please call Physician's Vein Clinics to speak with your vein specialist or to our nursing staff:  
**Sioux Falls: 605-274-0217**  
**Watertown: 605-878-2600**  
**Sioux City: 712-224-3662**  
**After Hours; 605-376-7178**