**Endovenous Laser Treatment (EVLT)**

**Patient Information**

**Before treatment:**
- You may eat and drink normally before the procedure - however, please avoid alcohol and products containing caffeine.
- Please bring your support stockings and gloves with you to the clinic.
- Please bring comfortable, loose fitting clothes that can be worn over the stockings and or bandages.
- We recommend you arrange for transportation home following the procedure.
- If you are taking aspirin or other blood thinners (such as Plavix or Coumadin) please inform your surgeon for instructions regarding cessation or continuation of these medications.

**The treatment:**
- EVLT typically takes a total of one hour to perform.
- On arrival you will be asked to change into a gown.
- You will wait for surgery in a private room until the nurses and surgeon are ready for you.
- We will have you walk to the procedure room where you will lie on the treatment bed.
- The veins will be mapped out by ultrasound and then a cleaning solutions will be applied to the leg(s).
- Sterile drapes will be placed around the treatment leg.
- Local anesthetic (freezing) is placed at the entry site.
- A needle is placed through the skin into the centre of the vein to be treated. (occasionally a small incision is required).
- A guide wire is placed through the needle into the vein. You may feel this wire but it will not be painful.
- A sheath (tube) will be placed over the guide wire and the correct position in the vein found using ultrasound.
- The laser fiber will be placed into this sheath.
- More freezing will be placed along the vein to be treated.
- The laser is then turned on and pulled back through the vein using heat energy to close the vein channel. The laser is only on for a few minutes in total.
- After the laser is removed a small bandage is placed on the skin.

**Immediately after treatment:**
- Your support stockings and/or bandage wrap will be placed around the leg to apply pressure to the treatment area.
- Ensure the stockings and/or bandages are comfortable before you leave the clinic.
- The local anesthetic will slowly wear off over the next couple hours.
- We encourage you to take either Tylenol Extra Strength (500mg) 1 tablet every 6 hours or Ibuprofen 400mg every 6 hours for the first 24 hours even if you are not experiencing significant pain. This reduces inflammation and eases the transition as the freezing wears off.

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Patient Information:  Following EVLT Treatment

The first 48 hours:

- The stockings and/or tensors should be kept in place for 48 hours. You may readjust them in the first 48 hours if they are painful. If you have tensor bandages, they should be wrapped snug but still allow a finger to slip underneath easily.
- You are encouraged to walk and resume normal daily activities.
- Please avoid prolonged periods of standing in place or sitting with your legs down.
- When sitting please elevate your legs on a chair or stool.
- You may apply ice packs (on top of the bandages) over the treated areas - we recommend 15 minutes every one to two hours.
- We recommend taking Tylenol Extra Strength or Ibuprofen as needed if you have any discomfort.
- Drink plenty of non-alcoholic beverages to avoid dehydration.

48 hours to One week

- After 48 hours you may remove the stockings and or bandages and shower - we recommend showers over warm or hot baths.
- Bruising along the treatment site is normal and can be reduced by applying ice as advised above. The bruising usually clears within 2-3 weeks.
- The varicose veins should be significantly smaller. Do not be discouraged by persisting veins as many of these will continue to shrink over the next 8 weeks. Any leftover veins can then be assessed and further treatment options such as injection sclerotherapy can be discussed, this situation occurs in about 10-20% of cases.
- Some tightness over the vein is normal and may feel like a “pulled muscle” - we encourage you to continue walking to reduce this tightness.
- At one to two weeks you will see your surgeon and you can expect to be able to return to all your usual activities including vigorous exercise.
- If you have excessive swelling of the leg (loss of ankle contour, tightness, enlargement, or redness of the calf) loosen the tensor bandages and elevate the leg. If this does not improve the swelling, please inform your surgeon as this may indicate a deep venous thrombosis (DVT).
- **Call 911 if you experience chest pain or shortness of breath.**

Two to Eight Weeks:

- Return to full activities.
- The vein branches will continue to shrink or disappear.
- Stiffness, minor swelling or discoloration over the treated area can occur and will progressively improve.
- We recommend you wear the stockings during daytime hours for 4 weeks after the procedure.
- There will be another follow-up visit to re-assess your leg at 2-3 months and your doctor will reassess your veins to decide if any additional (minor) treatment is necessary.
- If you have had sclerotherapy (with or without foam), some of the injected veins will be hard, lumpy and tender. The tenderness will ease slowly over the next few weeks. The lumps will take weeks to months to shrink, depending on the initial size of the varicose veins. Pigmentation of the skin can occur but often fades to a less noticeable shade.

Your Doctor’s office number is:

**Dr.Dooner: 250-220-8928**

**Dr.Lee: 250-220-8931**

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