

## **Endovenous Laser Treatment (EVL)**

### **Day of Procedure**

#### **Before treatment:**

- You may eat normally before the procedure. We encourage you to drink plenty of fluids and be well hydrated prior to arrival. Please avoid alcohol and caffeine containing beverages prior to procedure.
- Please bring your **support stockings** with you to **every** visit. You may purchase a stocking from us or obtain a prescription to purchase from a pharmacy.
- You may drive yourself home.
- If you are taking aspirin or blood thinners please advise staff prior to procedure about instructions for day of procedure.
- If you are taking any diuretics such as furosemide, spironolactone, bumetanide, or hydrochlorothiazide please do not take the day of procedure.

#### **The Treatment:**

- On arrival to the office the nurse will take your vital signs, obtain consent for the procedure, and ask you to change into a pair of shorts.
- You will wait in a private room until we are ready to take you into the procedure room.
- The veins will be mapped out by ultrasound and then your leg will be cleaned with Chloro-Prep.
- A sterile drape will be placed around your lower half. We will tell you where to place your hands so as not to contaminate the sterile field.
- Lidocaine will be administered to entry site.
- A needle is placed through the skin into the center of the vein to be treated.
- A guide wire is placed through the needle into the vein.
- A sheath (small tube) will be placed over the guidewire and the correct position in the vein will be found by ultrasound.
- The laser fiber will be placed into the vein and Dr. Khan will mark your treatment area with a marker.
- Tumescent will be injected superficially along the area to be treated to protect the vein from a thermal injury.
- The laser is turned on and pulled back through the vein using heat energy to close the vein channel. The laser is only on for a short period of time.
- After the laser is removed your leg will be cleansed with Hibiclens, and steri-strips will be applied. We will also apply Arnicare gel to the area treated to assist with healing, bruising and inflammation. (a sample was provided for your home care)

#### **Immediately after treatment:**

- A triple layer snug bandage will be applied to apply pressure to the treated area. Please ensure that the bandage is comfortable prior to leaving the clinic as it will remain in place for 48 hours.
- We encourage you to take either Tylenol 650mg or Ibuprofen/Advil 400mg every 6 hours for the first 24 hours even if you are not experiencing discomfort. This reduces inflammation and eases the transition as the anesthetic wears off.