

FREQUENTLY ASKED QUESTIONS ABOUT ENDOVENOUS LASER ABLATION (EVLT)

What is the advantage of EVLT vs. traditional vein stripping?

EVLT is less invasive, less expensive, and has a shorter recovery time than vein stripping. EVLT requires only one small needle puncture, there is no general anesthesia, and it is done in the office, not the hospital. People typically return to regular activities the day following an EVLT. Vein stripping requires several larger incisions, general anesthesia, hospitalization, and a much more uncomfortable and prolonged recovery. EVLT is state-of-the-art technology in vein treatment. It is a safer, more cost effective vein treatment than more invasive surgical options. Performing it in an office setting eliminates hospital charges related to the operating room, anesthesia fees, and some of the supplies required.

If you interrupt the blood flow in my superficial veins, how will the blood get back to my heart and lungs?

Blood return to your heart and lungs will naturally get re-routed through your healthy veins and the deep vein system. This actually helps restore normal blood flow primarily through the deep leg veins.

How long does the EVLT treatment take?

The EVLT treatment generally takes about 2 hours. This includes time discussing your treatment with the doctor, preparing you and your leg before the procedure, as well as time following the procedure to wrap your leg, discuss post care instructions, and answer any questions you may have. You will need to have someone drive you home following the procedure.

Why do I need someone to drive me home?

This is a precaution taken due to the nature of the treatment. Although there is no sedation given during the procedure, some people feel anxious, fatigued, or a bit light headed following the EVLT treatment. We want to assure that you to get home safely.

What is the recovery time?

There is very minimal recovery time following the EVLT treatment. We recommend that you take the remainder of the day off following the procedure. We highly recommend that you remain active with lots of walking and exercise. In most cases, you are able to return to work the following day. If you have a sedentary job, it is strongly recommended that you set aside little breaks to walk, ice your leg, and move about. Leg elevation (when possible) is also recommended.

Will there be any post procedure discomfort?

In most instances, discomfort following the procedure is minimal. You may experience some achiness, bruising and a slight pulling sensation. This may peak two weeks after the procedure. To alleviate the majority of this discomfort, you may take the recommended dosage of Ibuprofen and also apply ice to the treated area. If you experience the "pulling sensation", try walking. This will usually alleviate that sensation.

I am leaving on a trip soon after the EVLT. Is this ok?

We do not recommend a long car or plane ride for the first two weeks following the procedure. Below are some precautions that should be taken any time you participate in travel that requires prolonged immobility.

- **Plane ride--** It is important to wear your prescribed compression hose while on the flight. Make sure to get up and move around the plane several times during your flight. When sitting, move your feet up and down regularly (like you're stepping on the gas pedal) which will keep the blood moving in your leg.
- **Car ride--** It is important to wear your prescribed compression hose while riding in your car. You should take the time to make regular stops along the way and get out and take a brisk 10 min walk. When traveling, move your foot up and down regularly (like you're stepping on the gas pedal) which will keep the blood moving in your leg.