

ENDOVENOUS LASER TREATMENT (EVLT)

▪ WHAT IS EVLT?

This is a minimally invasive office procedure that uses laser-generated heat to close damaged or diseased veins, which are causing symptoms like pain, swelling, throbbing, aches, cramps, tiredness, skin thickening, skin ulcers, blood clots, etc. EVLT has replaced the old fashioned vein ligations and stripping, which usually requires hospitalization, general anesthesia and many leg skin incisions to remove the diseased veins. It also requires 4-6 weeks to recover. EVLT has been successfully performed since 2002 on thousands of patients worldwide, with a long-term success rate of greater than 95-98%.

▪ WHAT TO EXPECT DURING EVLT

1. Usually, you will be given Valium or a similar acting medication to help you relax during the treatment, taken about a half an hour before the treatment starts.
2. You will be laying on a procedure table and the groin, leg, and ankle will be prepped and draped in a sterile fashion.
3. The leg will be mapped using an ultrasound, marking the skin to show the path of the diseased vein.
4. The skin over the diseased vein, usually a few inches below the knee, will be numbed by injecting local anesthesia. It is at this spot where a needle is inserted to access the diseased vein.
5. Through the puncture in the skin, using an ultrasound, a long catheter is inserted into the diseased vein.
6. The thin laser fiber is inserted into the catheter, and advanced to the upper end of the diseased vein in the groin area, also using ultrasound guidance for localization.
7. The skin over the path of the vein, in the inner side of the thigh, and the tissues around the diseased veins, will be numbed with local anesthesia. Usually there is no pain in this part of the procedure.
8. The laser fiber is slowly pulled out of the diseased vein. Laser energy is delivered to close off the vein as the laser fiber is withdrawn.
9. Compression dressings and/or compression stocking is placed on the leg.
10. The entire procedure takes about 30-60 minutes.