

Name: Patient Test
DOB: 01/01/1962

PID: 6862727

EVLTV Patient Instructions

EVLTV = endovenous laser therapy = a safe and simple varicose vein treatment that closes varicose veins without surgery.

With **EVLTV**, a laser is threaded through a tiny incision and through the full-length of the varicose vein. As the laser is slowly withdrawn, heat is applied to the vein walls, causing the vein to permanently close and disappear. The body then reroutes the blood to healthier veins. No other tissue in the legs is affected.

Patient satisfaction with endovenous laser therapy has been high. A prominent study published in the Journal of Vascular and Interventional Radiology showed better than a 93% success rate after two years. These results are comparable or superior to other methods for treating varicose veins, including surgery, with lower rates of complication and the avoidance of general anesthesia.

After having endovenous laser therapy, you may still have smaller varicose veins and spider veins. Sclerotherapy can be used to treat these, if desired.

Reasons for Having EVLTV

Varicose veins are not only a cosmetic problem — they can cause discomfort and pose significant health threats. Varicose vein treatment can eliminate aching, throbbing, cramping, swelling and heaviness in the legs. It can also reduce the dangers of non-healing wounds and blood clots posed by varicose veins.

Not everyone is a candidate for endovenous laser therapy. People who are candidates may choose it over a surgical varicose vein treatment for the following reasons:

- Lower recurrence
- No recovery period
- Less painful
- No scarring

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EVLT Patient Instructions

Risks Involved in EVLT

Endovenous laser therapy is a very safe procedure. Potential but uncommon side effects include:

- Damage to the blood vessel, bruising or bleeding at the puncture site, or infection (from catheter insertion).
- Local parasthesias (10%)
- Blood clot or inflammation in the vein,
- Insufficient closure of the varicose vein, requiring an additional treatment
- Injury to skin
- Cellulitis (1-2%)
- Deep vein thrombosis (1%)
- Hyperpigmentation (1%).

Insurance Coverage

Endovenous laser therapy is usually covered by insurance. We will pre-certify or do a pre-determination to be sure. Although insurance companies may pre-certify your procedure, this is "not a guarantee of payment." If you have further questions, you should contact your insurance carrier.

Preparation Guidelines

Following are the preparation guidelines for endovenous laser therapy. Please contact us at 314-741-0911 if you have any questions.

- Bring your thigh-hi compression stockings to the office on the day of the procedure.
- Please arrange for a ride to and from the office on the day of the procedure. Please do not drive for 24 hours after the procedure.
- There are no diet restrictions prior to the procedure.
- **Drink plenty of fluids prior to the procedure.**
- Please shower on the day of the procedure but do not apply lotion to your legs.
- If you take Pradaxa — you should stop taking this prescription 2 days prior to the procedure.
- If you are taking 5 mgs. or less of Coumadin — hold it for 3 days.
- If you are taking more than 5 mgs. of Coumadin — hold it for 4 days.
- Fill your Hydrocodone and Diazepam prescriptions prior to the procedure. Bring the pills with you to the office the day of the procedure, but do not take them until instructed to do so.
- Wear loose fitting clothes on the day of the procedure.

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What to Expect During Your Varicose Vein Treatment

When you come in for the procedure you will ask any last minute questions and then sign the consent form. You will then change into a gown. We will mark your varicose veins if you are having ambulatory phlebectomy. Your leg will be cleansed thoroughly with betadine.

At this point your doctor will begin the procedure. The access site for the procedure will be cleansed and anesthetized. The doctor will make a small incision, about 2 millimeters wide. Using ultrasound guidance, the doctor will carefully thread a catheter through the incision and into the vein. After the catheter is in place, the laser will be advanced into the vein. Local anesthetic will be applied along the length of the vein to make the procedure virtually painless. The laser is activated and slowly removed, closing the vein as it is withdrawn.

The incision will be cleaned and a bandaid applied. You will put the compression stockings on and change back into your normal clothes.

You will have a follow-up visit approximately a week after your session. The ultrasound technician will perform an ultrasound to ensure the varicose vein has been completely closed and no blood clots have developed.

Recovering From Your Procedure

1. Have a relaxing day, but take some time to get up and walk around periodically.
2. Avoid heavy lifting or exercise for 24 hours.
3. The compression stockings are to be worn continuously for the first 48 hours, except for showering. For the following 5 days, you should wear the stockings only during waking hours.
4. Please remove the bandaid with your first shower 24 hours after the procedure.
5. Bruising is normal. You may also feel a tugging sensation for the first week after the procedure.
6. For additional pain control, take Tylenol, Extra Strength, 1-2 tabs every 4-6 hours as needed. **DO NOT take Aspirin, Aleve, Motrin or Advil.**
7. Make an appointment for 1 week after the procedure for a routine ultrasound to assess your vein. We will arrange this for you after your procedure.
8. Follow up with your doctor in 4 weeks.
9. **WOUND CARE PATIENTS:**
Please schedule an appointment with the wound care clinic 1-2 days after your procedure to be re-wrapped.
10. Please call the office with any questions at 314-741-0911