



Endovenous Laser Ablation (EVLA)

- Endovenous Laser Ablation (EVLA) is a minimally invasive method for treating varicose veins of the leg using laser energy to shrink and collapse laser-targeted varicose veins.
- Once a laser-targeted varicose vein is treated by endovenous laser technique, the venous blood flow is re-routed from it to normal veins within the leg where it can effectively flow back to the heart and lungs.

Pre-Treatment Instructions

- No Aspirin or NSAIDS (e.g.: Ibuprofen, Advil, Motrin, Aleve, Naproxen) for 7 days prior to an EVLA procedure in order to minimize bruising and bleeding.
- No lotion should be applied topically to the treatment leg(s) for 3 days prior to, and 2 days following an EVLA procedure.
- You are encouraged to eat something (your regular diet) before your EVLA procedure. You may take your approved medications as well.
- Tumescent local anesthesia fluid will be injected along the course of your laser-targeted vein segment to numb the vein to be treated. You will be awake during your EVLA procedure since local anesthesia is used. The actual laser surgery procedure is painless. Please wear comfortable clothing and walking shoes since you will walk on our clinic treadmill after your EVLA procedure.

Post-Treatment Instructions

- After your EVLA procedure, you will have medical grade compression stockings (30-40 mmHg) placed on your treatment leg, after which you will walk for 20 minutes on our clinic treadmill. You are encouraged to walk for 1 hour a day, perhaps in 5-20 minute increments, to maintain effective venous flow in your leg veins.
- Whenever your legs ache or throb, improved venous flow can be achieved by additional walking or by leg exercises or ankle flexion/extension to alleviate your discomfort. You are encouraged to walk or exercise several times per day for at least one week following your EVLA procedure.
- You may resume your regular activities one week after your EVLA procedure. It is advised that you wear compression stockings after your EVLA procedure. Our nursing staff will review the recommended duration of compression stocking usage with you.
- Avoid elevating your legs while you are wearing your compression stockings if this causes a painful 'tourniquet sensation' to be felt in your feet. This is due to compromise of the arterial circulation in your feet and lower legs caused by the gravitational and compressive forces.

Post-Treatment Instructions (continued)

- Careful handling of your compression stockings by wearing gloves minimizes the chances they will be damaged or destroyed by runs, holes, tears, or snags, especially while putting them on. The stockings purchased by you are not warranted against incurred damages or defects. Hogue Vein Institute may recommend that you purchase new stockings if their condition warrants replacement.
- Please inform the nursing staff at Hogue Vein Institute if you are experiencing difficulties with your compression stockings. We offer a water soluble glue to keep your stockings adherent to your skin if your stockings are rolling down at the upper thigh area. The cost is about \$5 per bottle of stocking glue.
- Putting your stockings on, or taking them off is best accomplished while you are lying down. If you need to assume a more accommodating position then please do so, whichever position works best for you.
- Do not take hot baths or sit in a whirlpool or sauna for at least one month following your EVLA procedure. Avoid leg submersion in a swimming pool, lake, ocean, or a potentially contaminated body of water for at least 2 weeks following your EVLA procedure to ensure the skin punctures from your laser vein surgery are completely healed to reduce your risk of infection.
- Taking a shower rather than a bath is recommended for several months following an EVLA procedure. Importantly, the water temperature of the shower should be tepid rather than hot to minimize against heat-induced vein dilating effects which could lead to worsening of one's vein condition. It is also advisable to shower while wearing medical grade compression stockings. Having two pair of medical grade compression stockings ensures that a clean dry pair is always available to put on after showering.
- Avoid air travel for about 1 week following your EVLA procedure. Wear your compression stockings during air travel and keep your legs and feet intermittently active during your travels.
- You are encouraged to exercise on a regular and routine basis and to avoid excessive standing while you are motionless. Exercise options include walking, cycling, elliptical, treadmill, and light aerobics. You may flex and point your toes such that you are moving your feet up and down 10 times or so every 5 minutes while you are sitting to improve the venous blood return in your legs.
- If you experience any worrisome signs or symptoms, you should contact Hogue Vein Institute immediately. A vein specialist at Hogue Vein Institute is on call 24/7 and is reachable by phone through our 24-hour physician answering service. Please call our toll free number at 866-219-4699 (Minnesota) or 866-356-8346 (North Dakota/South Dakota).
- If you feel you have a medical emergency, you are instructed to either call 9-1-1, or go to your nearest Hospital Emergency Department for assistance, rather than waiting to contact a vein specialist at Hogue Vein Institute.