



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 the EVLA-treated varicose veins.
- Once a varicose vein is treated by EVLA to shrink and collapse the abnormal vein, the remaining blood flow is re-routed to normal veins within the leg where it returns to the heart and lungs.

Pre-Treatment Instructions:

- No topical lotion should be applied and no tanning to the treatment leg for 3 days prior to, and 3 days following an EVLA procedure.
- You are encouraged to eat breakfast or lunch, and to take your approved medications before your EVLA procedure. Tumescent local anesthesia fluid will be injected along the course of your EVLA-treated vein segment to anesthetize your varicose vein. You will be fully awake and conscious during your EVLA procedure.
- Wear comfortable clothing and walking shoes since you will be asked to walk for fifteen minutes shortly after your EVLA procedure.

Post-Treatment Instructions:

- After your EVLA procedure, you will have thigh-high compression stockings placed on your treatment leg(s) for two weeks. You will be asked to walk for 15 minutes after the procedure since walking reduces the superficial venous pressure and serves to increase venous circulation within the deep veins of your calf and thigh muscles.
- You should take Motrin, Ibuprophen or Advil as directed on the label for five (5) days following your EVLA procedure and then as needed thereafter. If you cannot take any of the above medications, you may substitute Acetaminophen or Tylenol.
- Whenever your legs ache, improved venous flow can be achieved by additional walking or leg exercises to alleviate your discomfort. You are encouraged to walk or exercise several times per day for at least two weeks following your EVLA procedure.
- You may resume your regular activities two weeks after your EVLA procedure. Our staff will review the recommended duration of compression stocking usage with you.

- Careful handling of your compression stockings while wearing gloves minimizes the chances they will be damaged or destroyed by runs, holes, tears, or snags. The stockings purchased by you are not warranted against incurred damages or defects. Southern Illinois Vein Center may recommend that you purchase new stockings if their condition warrants replacement.
- Please inform the staff at the Southern Illinois Vein Center 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.
- 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 two weeks 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.
- You should **avoid** standing in one place for extended periods of time, hiking, biking or lifting more than twenty (20) lbs for two weeks after your EVLA procedure
- Taking a shower, but not a bath, is allowable after an EVLA procedure. Importantly, the shower water temperature should be tepid rather than hot to minimize potentially harmful heat-induced vasodilatory effects.
- **Avoid** air travel for one (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 walk at least fifteen minutes twice a day and to avoid excessive standing while you are motionless. Exercise options include walking, elliptical, treadmill, and light aerobics. You may flex and point your toes such that you are moving your feet up and down ten (10) times or so every five (5) minutes while sitting to improve the deep venous return in your legs.
- If you have any questions or concerns, please do not hesitate to call us at **618-998-8346** or 618-841-8828