

# **South Miami Vein Center**

## **Reiss, Kang, Burks & Jayanetti, M.D., P.A.**

### **EVLT**

#### **What does the procedure entail?**

Endovenous laser therapy is a method used to treat incompetent varicose veins. The doctor will use an ultrasound to view the vein and then will have you lay on an exam table either face up or face down, depending on the vein to be treated. The leg will then be prepped and cleaned. Using ultrasound, the doctor will insert a small catheter into the affected vein and then insert the laser fiber. A local anesthetic is then injected around the vein, which now contains the fiber. The energy source, or laser fiber, is fired to cauterize the vein from the inside. This causes the vein to close.

#### **Where do I go for the procedure?**

The laser procedures are done in our office, Suite 505. For this procedure, simply enter through the door labeled “**South Miami Vein Center**”. This door is located before the door you came in for your follow-up visits, on the right.

#### **How long is the procedure?**

It is 45 minutes to an hour long, unless performed with a stab phlebectomy, in which case it will be around an hour and a half. You will be notified of exactly which procedure will be performed that day.

#### **How early should I arrive for my appointment?**

Please come 15 minutes before your given appointment time. The appointment time you are told is the time you will be in the actual procedure room. The extra 15 minutes allows us to explain the procedure to you and have you fill out a few forms. If you are late for your appointment the surgery will be rescheduled.

#### **Will it hurt?**

There is relatively little to no pain during and after the procedure. You will feel the injection of the local anesthesia and a little burn at first. You may taste or smell smoke for a few minutes once the laser is turned on. There may be increased discomfort 4 to 6 days after the procedure. However, everyone has a different pain tolerance so the symptoms may vary from patient to patient.

#### **When is my post op visit?**

You will return to the office within a week of your procedure to have a repeat venous study and a follow-up visit with your doctor. You will also return to the office for 1 month, 3 month and 6 month follow ups.

**Do I have to wear stocking after the procedure?**

Yes. You will need 30-40 thigh high compression stockings. We offer them here at the office for \$88. Please speak to one of the medical assistants for any questions regarding the stockings. You will be wearing them continuously for 24-48 hours. You may remove them the next day to shower. Then continue to wear them throughout the day for the next 2-6 weeks. This will give the best results from your procedure.

**What should I do before my appointment?**

- Do not use lotion
- Wear anything that is comfortable for you
- You can drive yourself
- You can eat breakfast or lunch prior to the procedure
- You do not need to stop any medication

**What are the side effects?**

After treatment there may be some swelling and bruising around the treatment site and thigh area. Some patients experience temporary soreness, which can be treated effectively with over the counter pain relievers; Advil or Motrin up to 400 mg 4-6 hours as needed. Discomfort and soreness vary from patient to patient. You may experience some leaking of clear fluid from the catheter, and injection sites.

**What to do after the procedure?**

- After your procedure you will be asked to walk for about 15 minutes in the parking lot, hallway or lobby. This is to prevent any blood clots from forming. Please wear walking shoes or sneakers.
- You may resume normal activity.
- No heavy lifting
- Consult your doctor before resuming your normal exercise routine.
- No flying within 1-2 weeks of your EVLT.

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Witness

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Patient Signature

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Date signature obtained

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State reason patient can't sign

Please contact our office if you have any further questions or concerns.