

# **ENDOVENUS LASER TREATMENT**

## **(The EVLT Procedure)**

EVLT is a quick, minimally invasive laser procedure that can be performed in your doctor's office. There is no post operative scarring as it is only a probe and a slim sheath that enters the vein via a tiny skin nick.

The probe is guided into place using ultrasound and the procedure is performed strictly under local anesthetic-similar to that used by dentist-to numb the treatment area. The treatment takes less than an hour.

### **Here's what to expect:**

1. Your doctor uses ultrasound to map out your vein.
2. Local anesthetic is applied.
3. A thin laser fiber is inserted through a tiny entry point (usually near the knee).
4. Laser energy is delivered to seal the faulty vein.
5. Your normal daily activity is then resumed. In fact, walking immediately after the procedure is encouraged (just avoid rigorous activities).

### **The key benefits of EVLT...**

- Immediate relief from symptoms
- No scars
- Only a local anesthetic is needed
- Can be performed in the doctor's office (no hospitalization needed)
- Treatment in about an hour
- Normal activities can be resumed immediately –with little or no pain

## **PREPARING FOR YOUR ENDOVENOUS LASER PROCEDURE (EVLT)**

You will be asked to arrive approximately 20 minutes prior to your appointment time to complete any last paperwork. A friend or family member should come with you to drive you home after the procedure.

You may eat a light breakfast on the morning of your procedure. Do not drink any caffeinated beverages or use any tobacco products 24 hours prior to procedure. Wear loose fitting shorts, or very loose pants that you can pull on over the leg bandage that will be placed on after the procedure.

Take a shower and wash your leg with antibacterial soap (Dial or other brand) on the morning of your procedure. Please do not apply any lotions to your leg before your procedure. It may be necessary to shave some hair in your groin region to facilitate the ultrasound probe, prior to the procedure.

If you feel anxious and cannot relax prior to the procedure, you may take a sedative tablet (a prescription will be provided for Xanax 0.5 mg. at your consultation) after you arrive at the office. **DO NOT** take this medication before you arrive at the office. You must have a driver with you or the procedure may be cancelled.

Please review the Patient Informed Consent form and bring it with you on the day of your procedure. We will review it again and ask you to sign it just before the procedure. If you are planning on taking the Xanax, then we would ask that you show up in our office prior to taking the sedative, so we may review and sign the form.

This procedure will be done in the office under local anesthetic. The laser procedure will take about an hour, but please allow a total of 2 hours from start to finish.

If you have any questions or concerns prior to your appointment, please do not hesitate to call our office.