Luxe Laser Vein and Body Center

Treatment for EVLA-endovascular laser ablation therapy

**What is endovascular laser ablation therapy (EVLA)?**

Your doctor is recommending endovascular laser ablation therapy (EVLA) because you have venous insufficiency in one or more of the larger veins in your legs. The vein most commonly associated with venous insufficiency is the great saphenous vein and its main branches. Venous insufficiency is the condition where the vessels in the legs that are supposed to carry blood up, towards the heart, but are allowing blood to reflux (or go the wrong way) down towards the feet. This is causing pooling in the legs and can lead to pain, swelling, or heaviness, as well as superficial varicose veins.

EVLA is a less invasive way to fix this problem. Rather than remove the vein, the vein is left in place, but closed from the inside through a tiny nick in the skin. After a short recovery period, most people report a significant improvement in their physical symptoms because EVLA eliminates the conduit for refluxing blood. The maximal benefits from the procedure are measured at 6-8 weeks. Occasionally, patients will need to have additional treatments (sclerotherapy or laser spider vein treatment) to treat residual veins for symptomatic or cosmetic reasons.

**What are the risk of this procedure?**

Bruising: very common in the treated leg. It may be minimal, moderate, or even extensive. It can last for 1-2 weeks but in some cases be visible for months.

Phlebitis: a collection of blood in the treated vein(s) can become painful, tender, or can cause some skin discoloration.

Hyperpigmentation: sometimes iron from the blood is deposited in the skin and leaves a brown stain. It is subtle and resolves over the course of a few months. Occasionally, it is darker brown and can last for several months to a couple of years.

Scars: visible scars are possible at incision site(s).

Incomplete closure: While the goal of treatment is closure of the greater saphenous vein and/or its major branches, occasionally the treated veins will not close completely. Wearing the prescriptive compression stockings as prescribed will help to insure complete closure. If there is incomplete closure, additional treatments may be necessary at additional expense to you and/or your insurance.

Residual veins: The goal of the EVLA is relief of your symptoms of venous insufficiency. There may be residual veins you can see following EVLA. If you choose to treat these residual veins, there may be additional cost to you for these adjuvant treatments as they may not be covered by, or billable to, you insurance.

Blood clots: While the EVLA treatment involves the superficial venous system, there is risk of developing a blood clot it the deep system.

Infection: Though unlikely, infection is possible at the incision site(s). Should infection occur, additional treatment may be necessary. Watch for signs of infection including redness, tenderness, pus, fever, nausea, and vomiting. Call Luxe Laser Vein and Body Center should any of these symptoms occur **419.893.2775**

Nerve Problems: there are nerves that are occasionally irritated during the treatment. You may experience a brief twinge of pain or tingling if this occurs. Though rare, there is a risk for permanent sensory (touch) or motor nerve damage from the EVLA procedure

**Will my insurance pay for EVLA**

Most insurance companies will cover expenses for venous inefficiency and varicose veins. Because this treatment can sometimes be considered cosmetic by the insurance industry, we will submit documentation to your insurance company prior to treatment to assure that EVLA is a covered benefit. Once we have confirmed coverage for you, we will proceed with scheduling your procedure.

**What are my pre-procedure instructions?**

1. Fill any medication prescriptions. The staff at Luxe Laser Vein and Body Center will measure you for compression stockings the day of your ultrasound. Your compression stocking will be ordered once we have confirmed the date of your schedule procedure. It is the patient’s responsibility to purchase the stockings from Luxe Laser Vein and Body Center. If you choose to purchase them elsewhere you need to have thigh highs that are 20-30 mmhg. They will be snug by they ought to be long enough to come to the milled of your thigh.
2. Avoid aspirin, ibuprofen, vitamin E and fish oil five days prior to your procedure. If another health care provider prescribed these medications, please get his or her permission prior to stopping them
3. You may eat, drink, and take all normal medications (except medications mentioned above) prior to your procedure. However, avoid caffeine and try to be well hydrated on the day of your procedure.
4. If you choose to take a medication to help relax you prior to the procedure please bring a person along to drive you home.

**What are my post-procedure instructions?**

For the first 24 hours after the procedure most people rest and relax. However, complete bed rest is not necessary or encouraged. Try to elevate your legs when you are sitting for the first 24-48 hours after your procedure. You can otherwise carry on with all of your normal daily activities with a few exceptions:

-No heavy lifting (greater than 15-20 pounds) for 2 weeks. If you exercise regularly, please consult with the physician about returning to your exercise activity.

-No tub baths, swimming, or soaking in water for two weeks after the procedure to prevent infection. Taking a shower is ok.

-Wear compression stocking for 24-48 hours continuously then wear them when you are up and around for 2-3 weeks. You do not have to sleep in them.

**Remember: you can wear the stockings too little, but not too much.**

**What can I expect as I recover from my procedure?**

* Bruising, sometimes quite extensive, along the length of the treated vein. The bruising can sometimes be painful as well, but will improve as the bruising improves
* Oozing of clear to pink liquid from injection sites is normal. This is some of anesthetic solution the doctor injected and it will stop oozing about a day after the procedure or sooner
* Tightness or stiffness (often described as a “pulled” sensation) along the treated vein can sometimes be felt about a week after your procedure. This is normal. You may feel a “cord” (like a pencil) under the skin in this area as well. It can feel quite tender and even look red. This is normal. It is in the vein that was treated in the EVLA procedure. This tightness and pain usually peaks at about 7-10 days after the procedure and then improves.