

WHAT TO EXPECT | EVLA LASER ABLATION OR VENEFIT® RF ABLATION

Patient Name		
Appointment Date	Time	Arrive at
Appointment Date for Follow-up Ultrasound		Time

Before Your Procedure

- ▶ Your appointment time is the time we anticipate beginning the procedure. **Please arrive at least 15 minutes ahead of your appointment time to allow time to change clothing, complete paperwork, and address any last minute questions.**
- ▶ The procedure itself takes less than an hour, but anticipate being in the office 1½ to 2 hours.
- ▶ **On the day of the appointment, you may eat normally and take your usual medications. Advise your doctor if you take blood thinners, aspirin, or nitrofurantoin.**
- ▶ **Bring your full length stocking if you already have it.**

Your Procedure

- ▶ After paperwork is complete and you have changed clothing, a brief ultrasound examination is performed to confirm prior findings and make sure there have been no substantial changes since the last diagnostic examination.
- ▶ You will be lying on your back (supine) if the great saphenous vein is being treated and on your belly (prone) if the small saphenous vein is being treated.
- ▶ Your leg will be prepared using an antiseptic solution and sterile drapes placed.
- ▶ After numbing the skin, a small IV catheter is inserted at the lower end of the vein to be treated, and the laser fiber or treatment catheter guided up to the upper end of the vein to be treated.
- ▶ Next, an anesthetic solution will be injected around the vein, using a series of small needle sticks.
- ▶ As we treat the target vein with laser or radiofrequency, you should not feel any significant discomfort.
- ▶ This portion typically takes only about 5 minutes.
- ▶ If your treatment involves laser, you will be given protective eyewear to use during the procedure.
- ▶ When the procedure is complete your leg will be cleansed and your stocking and a compression wrap applied.

After your Procedure

- ▶ You will be asked to walk for approximately 10 minutes and report back to the office if there is a problem. Otherwise you may proceed home.
- ▶ **You may drive yourself home.**
- ▶ **You should wear your stocking and wrap for 24–36 hours, and then your stocking during the day for 2 weeks. Try to apply the stocking first thing in the morning before any swelling might occur.**
- ▶ **You may resume normal activity, diet, and medications immediately.**
- ▶ **Avoid core muscle exercises or heavy lifting or straining for 1 week as these activities may increase venous pressure in the treated vein.**
- ▶ **You may shower as soon as you remove the compression garment placed in the office (24–36 hours), but you should avoid hot baths.**
- ▶ Anticipate some bruising or discoloration along the path of the treated vein. It will resolve within 1–2 weeks.
- ▶ There may be some minor tightness, pulling sensation, aching, or swelling which will also resolve in 1–2 weeks.
- ▶ A follow up ultrasound will be scheduled for 3–10 days after your procedure.
- ▶ **Call your doctor for:**
 - > Fever greater than 101 degrees F.
 - > Pain or swelling severe enough to limit normal light activity such as walking.