



EVLT Procedure Information & Preparation

What does EVLT stand for and how does it work?

- EVLT stands for **EndoVenousLaserTreatment**. It is recommended for the treatment of varicose veins that are caused by valves in your veins that do not work correctly. If the valves are not working correctly, the blood pools in the vein, which causes bulging and discomfort. Laser energy is delivered into the vein causing the vein to collapse and seal shut, eliminating the pain and bulging. The other healthy veins in your body will then take over supplying the blood to your legs.
- For more information regarding the laser procedure you may log on to www.venacure-evlt.com.

Will my insurance cover the cost of the procedure?

- Most insurance companies will approve the treatment once you have met their medical necessity protocol as stated in your policy. Your policy may require various forms of conservative measures that you will need to document, such as: wearing of prescription compression stockings, leg elevation, exercise, use of analgesics, or other various recommendations. We do not know the requirements of your insurance until we have submitted our records to them for review. We will provide you with the needed information so that you may contact your insurance company to verify your benefits and coverage.
- We will submit your medical history, ultrasound report, and physician's evaluation to your insurance company for authorization. This process can take 2 to 4 weeks and we will notify you once we hear from them.
- If your insurance does not feel you have met their medical requirements, we will work with you to accomplish what they ask of you to do in order to meet those requirements.
- ***You will receive an estimate of your out-of-pocket expense in which we will be required to collect at the time of service. If you are unable to meet these financial obligations, it will be necessary to reschedule your procedure.***

How should I prepare for my procedure?

- You are not to take blood thinners such as Coumadin, aspirin or ibuprofen for 7 days prior to your procedure, or as directed by your physician.
- We ask that you not drink caffeine the day of your procedure, and please do not come with an empty stomach.
- Have your **20-30mmHg hose** ready to bring with you, along with comfortable clothes and walking shoes. You may purchase the hose at our office, or at another medical supplier that sells compression stockings.
- You may bring an iPod or your favorite CD's to listen to.
- Make arrangements for someone to drop you off and then return to pick you up since you will not be able to drive yourself home due to the medication we give you to relax.
- Most patients do not require assistance once they arrive at home, although you may be groggy for a few hours following the procedure.

What can I expect the procedure to be like?

- When you arrive at the office our nurse will go over the consent form with you and then give you a mild oral sedative and pain reliever to help make you comfortable. The procedure is relatively painless, but you may occasionally feel pain/burning with the injecting of the local anesthetic.
- You will have a before picture taken, your veins will be mapped out by the physician, nurse and ultrasound technician.
- You will be positioned on the procedure table with your head elevated, and your leg will be prepped and covered with sterile drapes.
- While under ultrasound guidance the physician will inject numbing medication into the skin and then place the laser fiber into the vein, which may cause mild discomfort/cramping.
- Once the fiber is in place the physician will administer more of the local anesthetic by injecting solution around the length of the vein. This may cause occasional discomfort/pain, but it is for a brief period of time.
- Once the anesthetic has been administered, a pair of protective goggles will be placed over your eyes and you will then be tipped with your feet slightly elevated.
- The laser is then turned on and is gently withdrawn by the physician. During this time you may experience a smoky/metallic taste in your mouth.
- The laser energy delivery only takes a few minutes and you should not experience any pain. If you begin to feel discomfort or heat, you need to communicate that to the physician and staff.
- If your procedure includes having the visual varicosities removed by **phlebectomy**, the physician will then begin to inject the anesthetic around these veins. Small punctures will be made over the vein allowing the physician access to remove the vein. During this process you may feel some tugging, pulling, and pressure while the vein is being removed. It is our attempt to keep you as comfortable as possible through this process and it is important you keep us informed on how you are doing. If you need more numbing medication the physician will inject more as needed for pain relief.
- Once the laser delivery and/or phlebectomy have been completed, you will be placed in your compression stocking and then you will begin your first cycle of walking on our treadmill.
- Your post op instructions will be reviewed with you by the nurse, and given to you in writing to take home.

What should I expect following the procedure?

- Wearing the compression stocking for **48 continual hours is required**, (which means no showering) and then daily for the next two to six weeks.
- We recommend as much walking as you can tolerate, especially in the first 48 hours.
- Normal daily activity is encouraged, although we recommend no strenuous exercise for the first week.
- Walking helps to avoid complications and helps decrease the tightness and discomfort you may feel, especially around days 4-6.
- Minor soreness is expected, and discomfort can be managed by taking over the counter analgesics. Pain and discomfort can vary, depending on the individual and therefore taking pain relievers (Tylenol, Ibuprofen or Aleve) is very helpful. Prescription narcotics are generally not necessary but are available if you desire them.
- Slight bruising along the inside of the leg is typical and generally will decrease over a week or so.
- You will need to be seen one week following your procedure and then again at one month and three months. **These visits include an ultrasound and are subject to your co pays and deductibles so please understand these charges will be sent to your insurance company and you may be financially responsible, depending on your plan.**