

ENDOVENOUS LASER TREATMENT (EVLT)

You have received a prescription to buy compression stockings. You may begin wearing them immediately to relieve any symptoms of pain, fatigue or swelling (oedema) in your legs, as well as to get used to putting them on (you may also purchase the recommended gloves to help you in this process).

DAY OF PROCEDURE

You may eat and drink normally (to avoid hypoglycemia and dizziness); avoid alcoholic and caffeinated products for 12-24 hours prior to the procedure.

Take your medication as prescribed (unless instructed otherwise).

Bring your compression stockings and gloves.

Wear loose, comfortable clothing. Do not wear compression stockings on the day of treatment.

We recommend that you make arrangements to be driven home after the procedure.

PROCEDURE

You will have to wear a hospital gown and your own underwear.

The procedure will last 45 to 60 minutes.

A photo of your leg may be taken before the procedure.

You will then lie on a table.

If needed, a medical relaxant administered in liquid form under your tongue will be offered.

An ultrasound is initially done to mark the vein that will be treated, as well as throughout the procedure itself and at its end to confirm results and ensure there are no complications.

The leg to be treated is covered with a disinfectant, then sterile fields are placed.

A local anaesthetic is administered on the vein entry site, a tiny incision is made, then a needle is inserted in the affected vein with visual confirmation from the ultrasound.

The needle is used to insert a guidewire in the vein. You may experience a curious sensation, but no discomfort or pain. An introducer sheath is placed on the guidewire, which is then adjusted using ultrasound imaging. The laser fiber is then placed in this sheath.

Local perivenous anaesthesia by tumescence is applied throughout the vein undergoing the procedure.

Safety goggles will be handed out and must be worn by the patients and staff to prevent any accidental laser diffusion outside your body.

The laser is then activated and slowly removed from your vein, with heat energy used to close up the venous canal. The laser is only employed for a total of 2 to 5 minutes.

On a case-by-case basis, tiny cutaneous incisions may be made to remove large varicose bundles (phlebectomy).

A small bandage is placed on the incision, along with surgical tape around any phlebectomy sites. You will then be asked to put on your compression stockings.

IMMEDIATELY AFTER PROCEDURE

You will be asked to walk at a brisk pace in the hallway for 20 minutes to get your circulation going. Return to the reception area and make a follow-up appointment 1 to 2 weeks after the procedure, during which a control

Doppler ultrasound.

If one or several compression bandages were added over your compression stockings, you may remove them after one hour.

POST-PROCEDURE: FIRST 7 DAYS

The next day, take off your compression stockings and remove your bandage. If you underwent a phlebectomy, keep the surgical tape on for 7 days. You may take showers, but avoid rubbing the incision areas.

Put your compression stockings on and keep them on at all times, except when showering, for 3 days and 3 nights. Afterwards, wear your compression stockings only during the day for the next 2 weeks.

You will be advised to walk at a normal pace (at least 20 to 30 minutes per day – walking promotes circulation, accelerates the healing process and lowers the risk of complications) and progressively resume your normal daily activities, with the exception of sustained physical activities, for about a week.

Avoid standing in one place for long periods of time or sitting down with your legs in a low position.

The presence of sensation of bruising, hematoma, induration, small bumps or hardened tracks in or around the treated area is normal.

Should these manifest, apply cold compresses or ice packs for 15 to 20 minutes, 3 to 4 times per day, as needed.

Some contraction around the vein, cramping or a feeling of “muscle stretching” is normal, especially between the third and fifth day.

You may take anti-inflammatory medication, such as Advil, to reduce inflammation following treatment. Moreover, you may take acetaminophen (Tylenol, Atasol, etc.) should you experience additional pain (please follow the recommended dosage).

Keep hydrated by drinking non-alcoholic beverages.

POST-PROCEDURE: AFTER THE FIRST 7 DAYS

The varicose veins should appear much smaller at this stage. Do not be discouraged if they are still visible, as they will keep shrinking over the next 8 to 12 weeks.

The blood that normally coursed through these defective veins is now redirected to the leg's numerous other veins.

You may now resume all your daily activities.

You may now travel by plane. Don't forget your compression stockings!

Remember to wear your compression stockings every day for 2 weeks. Moreover, it bears mentioning that wearing them longer will help improve results.

Avoid exposure to high heat sources, such as hot baths or spas, saunas, or hot wax/laser hair removal.

Avoid exposure to sunlight or tanning lights for 2 weeks following treatment. Otherwise, protect the skin around any scars and bruised areas using a full-protection sunscreen (FPS 30 or better).

AFTER 3 MONTHS

Should you still have varicose veins that cause discomfort, schedule a sclerotherapy procedure at the clinic. Said process will now be more effective, as the affected saphenous vein will have already been treated.

AFTER 6 MONTHS

Schedule a control Doppler ultrasound session at the clinic.

The saphenous vein should then be completely gone.

SHOULD YOU HAVE ANY CONCERNS FOLLOWING YOUR PROCEDURE, CALL THE CLINIC AT 450-259-1399.

FOR ANY OTHER EMERGENCY, PLEASE CONTACT THE EMERGENCY CENTER NEAREST YOU.

THANK YOU FOR TRUSTING US.

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