

# EVLT TREATMENT INFORMATION

## *Before you check-in for your EVLT:*

**Please arrive at your assigned time of:** \_\_\_\_\_

- We ask that you stop eating and drinking any fluid at midnight the night before your treatment.
- We are located on the third floor across from the Physical Therapy Department and The Spine Center close to Elevator C.
- You will be at our facility for three to four hours.
- You will need a ride home due to the medication you will receive during the treatment.
- Please do not shave your legs for two days before your scheduled treatment.

**Questions:** \_\_\_\_\_

**Answers:** \_\_\_\_\_

## *After procedure information:*

### • **When may I return to normal activities?**

The initial few hours after returning home from Valley View you may feel like resting but we would like to see you up walking as much as tolerated the first day. You may return to work & your normal activities as you feel like it.

### • **How will I feel after the EVLT?**

You may feel tired due to the sedation this will improve within the first few hours after your treatment. You may have pain in your legs that Tylenol will help with. You will leave Valley View with a prescription for pain medication and you may need a few pain tablets for the first two days following treatment. You may return to work the day after your treatment but please listen to your body and take it easy if you need to.

### • **Hydration**

Water is good for you and after the EVLT treatment your body needs to stay hydrated. Please consume six to eight glasses of water a day.

### • **Food**

Please eat healthy well balanced foods as your body desires.

### • **Wound care**

You have a small puncture wound that is covered by a band aid. With clean hands you may remove the band aid on the morning after your EVLT.

### • **Compression stockings**

Please remove your wrapped bandages the night of your EVLT just before you are in bed for the night. Please apply your compression stockings in the morning after your EVLT while you are still in bed. This will ensure that your veins are not challenged by the changes your veins experience when you stand up.

### • **When will my veins fully recover?**

It may take up to six months for your veins to fully soften. Please continue to wear your compression stockings during this time for this will assist in the process.

### • **When to call my doctor?**

If you start running a fever over 101.5 degrees or notice increased pain, redness or drainage coming from your wound.

**Additional Information:** \_\_\_\_\_

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# HEART & VASCULAR CENTER



## ENDOVASCULAR LASER THERAPY (EVLT)

PAINFUL AND SWOLLEN LEGS AFFECT 25 MILLION AMERICANS.  
THERE IS A TREATMENT OPTION AVAILABLE.

*Please read through this handout and call with any remaining questions.*

### *About varicose veins:*

Varicose veins can develop through a combination of weakened vein walls and faulty valves. Under a variety of circumstances normally toned, elastic vein walls can become weak and allow the recirculating blood that should be going back to your heart to flow backward or become leaky. This can cause a lot of discomfort and a full sensation in your legs with or without visible swelling of the veins or your legs. Up to 40% of women and 25% of men are affected by this condition - fortunately treatment is available.

### *About laser vein treatment:*

Simply put, a laser is a highly concentrated beam of light. Medical lasers work by delivering this light energy to targeted tissue with extreme precision, so as not to affect the surrounding tissue. Lasers have proven their safety and effectiveness through years of use in all types of medical procedures, from eye surgery to dermatology. In the hands of a skilled physician, lasers offer far less risk of complications than conventional surgery.

### *Our team:*

We provide an exceptional team to help you regain your ability to walk with reduced pain and swelling due to varicose veins and venous insufficiency. At our advanced Heart & Vascular lab we believe your safety and comfort is number one.

Our team consists of highly trained vascular surgeons, anesthesiologists and nurses who provide excellent care.

Have your varicose veins or venous insufficiency treated at Valley View. Our focus is to treat patients who have experienced years of ulceration and pain due to swelling of their legs.

*Thank you for choosing Valley View.*

**OFFICE:** 970.384.7290 | **TO SCHEDULE AN APPOINTMENT:** 970.384.7439 | **VVH.ORG**

