

What is a Endovenous laser treatment of varicose veins



Day Surgery Unit

patient information



What is E.V.L.T.?

This is a new way of treating varicose veins and can be done under local anaesthetic. It involves using a scanning machine to guide a laser probe into the long vein on the inside of the leg, from a small cut at the knee level to the top of the leg.

An anaesthetic cream will be applied to the thigh to numb the area so that local anaesthetic can be injected into the vein. This will make the procedure more comfortable. You will also be given an injection of a blood thinning substance (Heparin) to stop your blood clotting too quickly.

The laser probe is withdrawn slowly and the energy from the laser closes up the vein from the inside. When the whole vein is closed, the laser probe is removed. A dressing will be put over the cut, and your leg will be bandaged. These bandages should stay on for 24 hours to 5 days depending on the type of bandages used. When you remove them you may notice some minor bruising and some hardness under the skin where the vein was treated. This is normal. You should wear support stockings for 3 weeks after the bandages are removed.



What do I do before I come in?

Ladies on the contraceptive pill should stop this for 6 weeks before the procedure as this will reduce risks of getting a clot in the leg (see risks). You may use other contraceptive precautions such as condoms.

How long will the operation take?

The procedure takes about 30-45 minutes per leg. You will be able to go home within 2 hours after having the procedure done.

How will I get home?

You need to ask someone to take you home in a car or taxi. It is best that you sit in the back of the car with your feet up.

What are the advantages of E.V.L.T. compared to surgery?

E.V.L.T. can be done under local anaesthetic, which means you will be awake during the procedure.

There is no need for surgical incisions (cuts) or stripping of the veins.



There is less scarring than with surgery and the recovery time is less.

You can get back to normal activities almost right away and can usually return to work after a few days.

What are the risks with this procedure?

You may experience some pain for 5-7 days. You can take paracetamol for this.

Some bruising can be expected, but this is usually less than if the veins had been removed with surgery.

Occasionally there may be phlebitis (inflammation of the wall of the vein).

There is a small risk of nerve damage and skin burns.

Other risks are rare, but include deep vein thrombosis (DVT) (a clot in the deep vein of the leg). This is always a risk with vein surgery and DVT can in some cases lead to a pulmonary



embolus (a clot in the lung). Getting back to normal activity will reduce this risk.

What should I avoid doing after the procedure?

Avoid contact sports, swimming and going to the gym for 2 weeks.

Do not sit with your legs crossed.

Avoid long journeys in the early stages. If you have to travel more than an hour, stop often and have a walk for 5 minutes.

Do not fly for a month.

What should I be doing after the procedure?

You should try to get back to your usual routine within a few days.

Go for a short walk 3 times a day if you can.

Sit with your feet up whenever you can.



Ladies - if you have stopped taking the contraceptive pill, wait 6 weeks, then start taking it again.

Will I need to come back to the hospital to see the doctor?

No. If you have any problems, go to your own doctor who can send you back to your consultant if necessary.



**If you would like this information in another language or format,
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यदि आप को इस लीफ़्लिट का लिखती या टेप पर अनुवाद चाहिए तो कृपया
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ama qoraal ah fadlan la xiriir Maamulaha Adeegga
Sinaanta 0116 258 4382.**

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