Give Yourself The Gift of Beautiful Legs

The EVLT Procedure Treating Varicose Veins

**How the Procedure Works**

The EVLT Procedure deals with the most common underlying cause of varicose veins which is incompetence of the great saphenous vein. Unlike surgical stripping, EVLT Permanently closes off the vein while leaving it in place.

EVLT is a quick, minimally invasive procedure that leaves no scar and is performed in the doctor’s office. The treatment takes less than one hour.

Here’s what to expect:

- Your doctor uses ultrasound to map out your vein.
- Local anesthetic is applied.
- A thin catheter is inserted through a tiny entry point, usually near the knee.
- Heat energy is delivered to seal the faulty vein.
- Walking immediately after the procedure is encouraged. Normal daily activity can be resumed (avoid rigorous activities, such as running, weight lifting, and impact aerobics).
- There may be minor soreness and bruising. Any discomfort can be treated with over-the-counter, no-aspirin pain relievers (such as ibuprofen or acetaminophen) as needed.

**The Cause of Varicose Veins**

As blood flows through your veins to the heart, stop valves are supposed to prevent the blood from flowing backwards as gravity pulls it down. If the valves don’t close properly, blood pools in the vein, forcing the walls to enlarge and bulge out.

**Frequently Asked Questions**

*Is loss of this vein a problem?*

No. There are many veins in the leg. After treatment, the blood in the faulty veins will be diverted to normal veins in order to make its way back to the heart.

*Are there any complications?*

There are potential complications with any medical procedure. The only minimal complications experienced with EVLT have been a small number of cases of transient paresthesia (numbness), in a small area of the calf or foot lasting for only a few weeks.

*How successful is EVLT?*

Published clinical studies show that EVLT has a 98% initial success rate with excellent long-term results.
The Sclerotherapy Procedure Treating Spider Veins

How the Procedure Works
Sclerotherapy is a very popular treatment for spider veins. It is a safe and effective 30 minute treatment. Before beginning treatment, your legs will be cleaned off with alcohol. A very small gauge needle is used to inject a sclerosing agent into the veins. This causes an irritation of the inner lining of the vein resulting in closure.

Frequently Asked Questions
Are the treatments painful?
No. We use a very small gauge needle to perform the injections. Most patients relate the minimal discomfort to that of an ant bite.

What can I expect after the treatment?
After your treatment, the veins will be red and irritated. There may be welts at the site of injection and the areas treated may be itchy for an hour or two. These are normal reactions. You may be given compression hosiery to wear for one week following your treatment. We encourage walking for twenty minutes twice a day to promote healing. If you are involved in an exercise program, you may continue. You may notice a significant amount of bruising, this is normal and to be expected. The bruising will fade in approximately 3–6 weeks. Please avoid any hot tubs and saunas for ten days as this will decrease the effectiveness of the treatment.

How often are the treatments needed?
The treatment sessions are done at four to six week intervals to achieve optimal results.

How successful is Sclerotherapy?
The number of treatments needed differs from patient to patient, depending on the extent of the problem. We try to treat as many veins as possible during the session. We aim to achieve a 70%–80% clearing; 100% is not a realistic goal. It is important to remember that it has taken years for the veins to develop, and they will not disappear overnight. Remember, once you have achieved the expected results, new veins may develop over time. We recommend a touch up session every six to twelve months as needed.

Scheduling Your Procedure Is Easy
Our scheduling professionals will assist you with questions and set a convenient appointment at the Vein Center. Call 619 295 XRAY (9729) For more information visit ihsvincenter.com

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