



# Southern Arizona Laser & Vein Institute

6422 East Speedway Boulevard - Suite 150 - Tucson, Arizona 85710  
Phone: (520) 318-3004 Fax: (520) 318-3061 [www.SALVI-Tucson.com](http://www.SALVI-Tucson.com)

## ENDOVENOUS LASER TREATMENT

### How can we help?

Southern Arizona Laser & Vein Institute (SALVI) can eliminate unsightly veins in one easy treatment stopping the pain and discomfort associated with varicose veins.

### What are varicose veins?

Varicose veins are diseased blood vessels that have become permanently dilated (enlarged), and can no longer efficiently carry blood back to the heart.

### What causes varicose veins?

While causes for developing varicose veins are not yet known, many contributing factors have been identified as risks to developing varicose veins. Some of these risk factors include:

- Occupation – prolonged standing or sitting increases blood pressure on the closed valves that leads to them weakening and susceptible to developing varicose veins.
- Gender – female patients are more likely to develop varicose veins by a rate of 4 to 1 over male counterparts. Increases in weight, progesterone levels, blood volume and pelvic vein pressure contribute to 70% of women developing various venous problems during pregnancy. 20% of all pregnant women will develop full-blown varicose veins due to hormonal changes and baby's increasing weight putting increased stress on your legs. Hormonal changes in female patients during puberty, pregnancy, menopause, hormone replacement therapy and through birth control pills have been shown to contribute in the development of varicose veins.
- Heredity – varicose veins are likely to run in your family. Defective vein walls and/or valves are the greatest contributing factors to developing varicose veins in nearly 70% of patients seen. A review of your family history will determine if you are at greater risk to develop varicose veins.
- Obesity – increased pressure due to excess weight can contribute to the weakening of vein valves.
- Age – a progressive condition, the frequency and severity of varicose veins increases with age. Tissue fibers deteriorate as we age which leads to the appearance of wrinkles, dilated and tortuous blood vessels and varicose veins.

## **Can varicose veins affect my health in a negative way?**

Most definitely! Left untreated, varicose veins can cause pain, swelling, inflammation (phlebitis), skin ulcers, and blood clots. Protect your circulation – don't delay treatment.

## **Is Endovenous Laser Treatment the best solution for varicose veins?**

Lasers for Endovenous therapy (EVLT) have been used with success in treating large Varicose Veins. EVLT is a quick, minimally invasive procedure that leaves little to no scarring. With a short and relatively painless recovery period, EVLT is performed under local anesthesia right in our offices with most patients returning to normal activity immediately following their appointment. Though the procedure varies by patient and condition of the treatment area, most appointments are completed in approximately 45 minutes.

Endovenous Laser Treatment is an effective method of treating large varicose veins in carefully selected patients and has been proven to be a great value. The benefits of EVLT over traditionally surgical vein stripping are quite numerous.

- Performed under local anesthetic
- Return to normal activities immediately following the procedure
- Quick and simply procedure requiring less than an hour to complete
- Minimally invasive with little to no scarring
- Relatively painless procedure with reduce post-operative pain

## **What should I expect during treatment?**

Endovenous Vein Laser Therapy is quick and a minimally invasive laser procedure. The treatment itself will take less than an hour and initially includes both a physical and exam to map the veins targeted for treatment.

The affected area is locally anesthetized and a small incision is made. A narrow tube, which carries the laser fiber, is inserted in the diseased vein. The laser fiber delivers energy in short pulses causing the vein to collapse and close, preventing blood flow. By closing off this diseased vein, blood is thus diverted to other healthy veins.

Over the months after the procedure, the body naturally absorbs the vein remnant leaving virtually no sign of the vein in the treated area.

## **How many treatments should I need?**

EVLT most often eliminates the treated veins in one treatment. In some cases, additional or complimentary therapy may be necessary to provide you with expected results. Your physician will discuss any follow-up therapy recommended.

**Are there any pre-operative instructions I should know about in advance?**

Yes, please refer to Page 4 for PRE-operative instructions for all of our Vein Treatments

**What can I expect following treatment?**

After your treatment is completed, your physician will ask you to wear compression stockings for a period of 7 days. You may and should walk immediately after the procedure. With the exception of vigorous activity or work-outs, you are free to resume to your normal daily activity.

Over 7 to 10 days, you may experience some bruising and soreness. Symptoms are often relieved with an over-the-counter non-aspirin oral pain reliever.

Like any medical procedure, certain risks are involved in EVLT. At the time of your consultation, your physician will explain to you any risk factors that may apply to you and your individual medical case.

**Are there any post-operative instructions I should know about in advance?**

Yes, please refer to Page 5 for POST-operative instructions that will be provided to you at the time of your treatment.

**Is the treatment painful?**

Our skill and experience make the treatments virtually pain-free. We use FDA approved medications. Side effects are possible with any procedure and medication but, compared to traditional surgery for veins, serious side effects are rare with our advanced techniques.

During the procedure, the treatment area is locally anesthetized to relieve ease any discomfort you may experience. After the procedure any pain should be relieved with an over-the-counter non-aspirin oral pain reliever.

**Is Endovenous Laser Treatment covered by insurance?**

Most insurance companies do cover, at least partially, costs associated with vein treatments based on medical necessity. At the time of your initial consultation, our staff will discuss the prescribed treatment, associated costs and payment arrangements including your insurance coverage. Prior to your appointment, check your policy and/or call your insurance provider to find out what their coverage includes. For your convenience, SALVI accepts most major credit cards.



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## PRE-OPERATIVE INSTRUCTIONS FOR VEIN TREATMENT

Southern Arizona Laser & Vein Institute (SALVI) wants to ensure you have all your questions answered before proceeding with your treatment. Feel free to contact our office in advance to your treatment if you have any additional questions.

### Pre-treatment Instructions:

- You may have a small meal before treatment.
- Avoid drinking coffee several hours before treatment.
- Do not wear any lotion or cream on your leg the day of treatment.
- Try to avoid sun exposure, tanning booths, artificial tanning for seven (7) days prior to treatment (improved cosmetic results).
- Patients should wear loose, comfortable clothing the day of your treatment so that they are easily put back on after treatments. Jeans or other clothes that bind your legs or are difficult to take on and off should be avoided.
- Dark clothing can absorb heat during your treatment. For your comfort, we recommend patients wear clothing, including undergarments, that is light in color.
- It is recommended that patients wear flat flip flops, sandals or shoes that can be easily slipped on after treatment. Tennis shoes, heels, and boots are not recommended.
- Please arrange for transportation if you will be receiving a sedative at the time of treatment (particularly laser and microphlebectomy)
- Eating fresh pineapple the day before your treatment may reduce bruising.
- Bring a list of your current medications/supplements.
- Make sure all of your questions are answered or please bring a list of questions to review with the doctor before proceeding.
- All financial responsibility for treatment is the patient's responsibility. While we attempt to ensure payment coverage by your insurance carrier and bill for services, as a courtesy, patients will be accountable for any denials, coinsurance and deductibles allocated by your insurance carrier.
- Patients must arrive to their treatment appointment with compression stockings. For your convenience, compression stockings are available for purchase from our offices.

**Have more questions?** Feel free to give us a call so we can help answer any questions or concerns you have prior to your treatment appointment. **(520) 318-3004**



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## POST-OPERATIVE INSTRUCTIONS FOR ENDOVENOUS LASER TREATMENT

Southern Arizona Laser & Vein Institute (SALVI) wants to ensure you have all your questions answered before proceeding with your treatment. Feel free to contact our office in advance to your treatment if you have any additional questions.

### Post-treatment Instructions:

- You may experience pain and inflammation, if you are not allergic or sensitive, please take Advil, Motrin or Ibuprofen 600 mg 3x a day with food.
- Use the prescription pain medicine if needed.
- You may feel a “tight” or pulling sensation or firm “cord” in your leg for several weeks. Massaging your legs will help. This will go away with time.
- Walk by avoid prolonged standing or sitting. Elevate your legs as much as possible for the first three (3) days after your treatment.
- You may resume normal activity after three (3) days and engage in heavy exercise in ten (10) days after your treatment.
- Remove wrap after 48 hours leaving the steristrip tape in place. At that time, you may then shower.
- Wear compression stockings for three (3) weeks, removing them at bedtime. For your convenience, you may purchase compression stockings from SALVI prior to your treatment appointment.
- If you have taken a sedative during your treatment, we advice you to arrange for transportation home after your treatment.
- If you have any other questions or concerns after your treatment, contact us immediately. In the event of a life-threatening emergency, contact 911.

**Have more questions?** Feel free to give us a call so we can help answer any questions or concerns you have after your treatment appointment. **(520) 318-3004**