

ENDOVENOUS LASER THERAPY (EVLT) FOR VARICOSE VEINS UNDER GENERAL ANAESTHESIA

Introduction

You have been advised that your varicose veins are suitable for endovenous laser therapy (EVLT). Here is some information regarding the procedure and after care.

You will have the opportunity to ask your surgeon questions or discuss any aspect of the procedure when you attend for your treatment.

Your Varicose Vein Surgery

You will be admitted to the Warwickshire Nuffield Hospital approximately 2 hours before your procedure. When you report to reception, they will direct you to your room. Once you are settled, if you are going to have your procedure under a general anaesthetic, the Anaesthetist will come to see you to discuss details of the anaesthetic. Shortly afterwards, your surgeon will take you through the details of the operation, you will both sign the consent form, and your legs will be marked with a pen in preparation for the operation.

It is helpful if you are standing for a few minutes before your surgeon visits as this fills the veins and makes them easier to mark.

In all, laser treatment for varicose veins takes about 45 - 60 minutes to perform. The procedure is designed to treat the main superficial vein in the thigh called the long saphenous vein, and at the same time the visible veins in the leg will be removed through multiple tiny incisions in the leg which are closed with a simple paper strip.

During the operation you will have local anaesthetic injected into the leg. This means you will have minimal discomfort at the end of the procedure.

At the end of the procedure you will have a bandage and a firm stocking applied.

Post operative Care

Following your vein treatment you are advised to wear your stocking for 2 weeks night and day. You should remove your stockings for the first time 3 days after the procedure. Remove the bandage and stocking, and soak in the bath for 5-10 minutes to remove the paper stitches. You can put a clean pair of stockings back on at this stage (an extra pair will be provided) and thereafter you can change your stocking on a daily basis.

Take regular pain relief for at least 5 days after the procedure. You are advised to buy some Paracetamol and Ibuprofen before your operation so you have sufficient at home.

What You Can Do To Help Recovery

You are encouraged to take regular exercise, including plenty of walking. We advise you to walk for a minimum of 20 minutes in the morning and the evening. It is important to remain as active as possible with several short walks during the day. The two things to avoid are standing still and sitting for long periods, such as in the car, at the dining table or at your desk. When sitting you are advised to rest your legs on a foot stool.

You may experience increased discomfort at about 4-5 days. This is caused by the inflammation of the vein and will be helped by the Ibuprofen. Any bruising will resolve over the next 2-3 weeks. In addition you can have some lumpiness under the scars and this will also resolve over time.

Warwickshire Vein Centre – Patient Information Sheet

It is safe for you to drive when you feel confident to do an emergency stop and this is normally within a few days after treatment.

You may return to work the following day or within a few days depending on your occupation.

Follow-up Plans

You will normally be ready to be picked up from the hospital four hours after your treatment has finished. Alternatively you may stay overnight and go home in the morning.

Your surgeon will wish to see you in the outpatient clinic 6 weeks after treatment to ensure that you have made a full recovery and that we are both happy with the clinical result.

If you have any problems in the post-operative period then please do not hesitate to contact your surgeon, either through the Warwickshire Nuffield Hospital on 01926 427971, or through the Warwickshire Vein Centre at Oak House on 024 7656 1979.