



THE VEIN & VASCULAR INSTITUTE OF TAMPA BAY

AND
NON-INVASIVE VASCULAR LABORATORY



Procedure and Test Information

We want to provide you with some important information to keep you informed, comfortable, and confident regarding your procedure!

- EVLT (Endovascular Laser Treatment)
 - This is a non-invasive procedure where the doctor gains access to your vein by a needle and wire (NO incisions will be made throughout this procedure) under the guidance of ultrasound. Don't worry, before the doctor uses the needle he will numb the area (this procedure DOES NOT require general anesthesia; you will be awake during the entire duration of the procedure). As soon as the needle is placed in the vein, a catheter will be placed over the needle. Once the catheter is in place, the laser will be inserted into your vein thru the catheter. Once again, the doctor will use a series of injections to numb around the vein. Hence, you'll feel just a few more needle sticks, or as we call them, "bee stings." As soon as the doctor applies abundant numbing medication, the laser will be turned on. This is used to literally "weld" your vein shut. You may experience a weird taste in your mouth, such as a metallic taste, while the laser is on. This taste is normal. After the laser is removed, your leg will be wrapped with several ace wraps.

- Microphlebectomy
 - If you are getting microphlebectomy (removal of varicose veins), the doctor will come in to the pre-op room to make some black dots before the start of the procedure. These dots will be the location of where the veins will be removed via needle puncture; no stitches or staples will be applied. Numbing medication will also be applied so you may feel some tugging or pulling, but NO pain. This part of the procedure will be done after the EVLT (described above).

- Sclerotherapy
 - Sclerotherapy is a form of treatment for both, spider veins and smaller varicose veins. This is an outpatient, mildly painful procedure that doesn't require hospitalization or general anesthesia. This treatment uses a chemical that is injected into the troublesome veins. These injections cause the vein to eventually collapse, and reroute the blood to healthier veins. This procedure takes approximately 30 minutes, depending on the number of veins that need to be treated. It is normal to experience redness, tenderness, cramping, bruising, and temporary freckling. If any of these symptoms worsen at any point, call the office immediately. After the procedure is done, the injected leg will be wrapped in a few ace wraps. These ace wraps are used to apply compression, control bleeding, and promote healing. These wraps can be removed the next morning, followed by wearing the compression stockings for 5 days. Some spider veins are worse than

others, requiring more sessions to achieve optimal results. After all the necessary sessions are completed, the appearances of the damaged veins should drastically improve. Smoother skin and reduced skin discoloration may also be visible. Most patients, return to work within a few days.

- Venous Reflux Exams
 - A post-operative ultrasound is required several days following your procedure. This is to ensure the surgery was successful and no blood clots were formed. Make sure to WEAR your compression stockings to this appointment.
 - *Important:* Upon arriving to this appointment, please refrain from wearing any perfumes, aftershaves, lotions or tanning sprays.

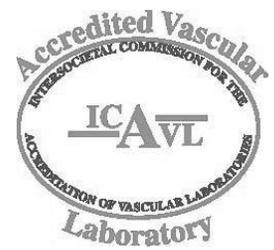
- Compression Stockings
 - Compression stockings are used to support the muscles of the calf in circulating blood and lymph fluid throughout the legs. These stockings are made of elastic material that aid in compressing the leg. There are different types of compression stockings available, so be sure to check with your doctor which ones would be best for you.



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EVLT Pre-Op Instructions

Medications:

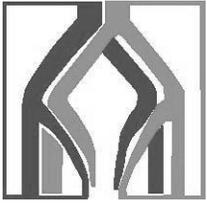
- Make sure to have *ibuprofen* for pain relief. Take 600mg as needed, every 4-6 hours.
 - a. If you're allergic to ibuprofen, take naproxen (Aleve) or acetaminophen (Tylenol).
- We also recommend taking an 81mg baby aspirin the evening of your procedure and continuing this for 6 weeks.

Clothing for the day of the procedure:

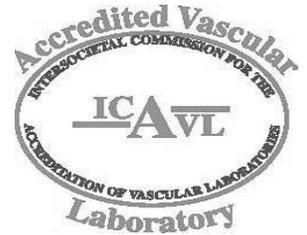
- Wear loose/baggy clothing to your procedure.
- Suggested clothing:
 - Females – long dress, skirt, shorts, or loose pants
 - Males – shorts or loose pants
 - Footwear – sandals or loose fitting shoes

Transportation and arrival time:

- Please arrive **30 minutes** before your scheduled time.
- Make sure to have a ride to and from the procedure. Keep in mind; you will be in recovery for approximately 20 minutes following the procedure, so please plan accordingly.
- In the event your ride drops you off, make sure they leave their phone number with the front desk so they can be notified when you're ready to be picked up.
- **IMPORTANT:** No patient is allowed to drive themselves home, unless told otherwise.



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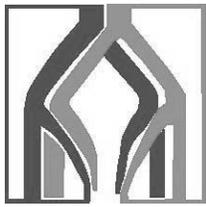
EVLT Discharge Instructions

Day of Surgery (first 24 hours):

- For the next 24 hours keep your feet elevated above your heart.
- While your feet are elevated, pump your foot (same leg as the procedure) back and forth several times an hour, as if you're pushing down on a gas pedal.
- Try to get up and walk around every hour for a few minutes. Once you're done your walk, return to elevating your leg.
 - Example – Walking to the bathroom or kitchen and back for 5-10 minutes will be sufficient enough.
- Do not stand stationary for long periods of time. For instance, cooking dinner, doing the dishes or taking a shower would be too long. If you are on your feet, make sure you're walking around.
- Do not pick up anything heavier than 30 pounds. This increases pressure on the vein that was closed and can cause the vein to re-open.
- Do not shower with the ace wraps on; wait until the ace wraps are removed to shower.
- If the ace wraps become too tight, causes numbness, or becomes too loose remove the wraps and put on your stocking.
- If bleeding is visible through the ace wraps call the office at (813) 348-9088.
- It is normal to experience mild discomfort, redness, tenderness, swelling, and bruising. Blisters may also develop, which is relatively uncommon. If noticed, wash the blisters with soapy water and they will be evaluated during your post-op ultrasound. Any symptoms that persist or worsen, call our office right away. In an emergency, dial 911.
- As for pain medication, take ibuprofen (Advil), naproxen (Aleve) or acetaminophen (Tylenol). If you feel these medications are not working, call the office.
- If no allergies towards aspirin, take 81mg of aspirin for the next 6 weeks, starting the evening of your procedure.

After initial 24hrs:

- No heavy lifting (more than 30 pounds) or strenuous exercise (running, biking, etc.) for 7 days.
- Make sure to wear the thigh high compression stockings for 10-14 days after the date of your procedure. Only remove the compression stockings when you're showering or when you go to sleep, *unless told otherwise*. Be sure to put them back on when you wake up the next morning.



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- You may travel 2 weeks after the date of your procedure. During your travels, please wear knee high compression stockings. If you're traveling by car, stop every hour to walk around.
- Most patients are able to return to work the next day, however, results may vary.

Microphlebectomy (if applicable):

- This is the removal of varicose veins thru a needle puncture. Hence, stitches or staples will not be applied.
- There may be an additional colorful wrap over the ace-wrap. This should be removed, no later than the *morning after your procedure*
- You may wash the area where the microphlebectomies were performed. Wash the appropriate area with soap and water then pat dry; allow the steri-strips to fall off on their own.
- You may experience slight discomfort, including redness, bruising, tenderness, and slight sharp pain. All these symptoms are normal, but if anything worsens, please call the office at (813) 348-9088.

Ultrasound Appointment: _____

- This appointment should be 2-7 days after your procedure.
- The ultrasound technician will scan you for a post-operative evaluation, and answer any questions regarding instructions.
- 24 hours after your procedure, your ace-wraps should be removed and you should put on your stocking. Please **WEAR** your compression stocking to this appointment.
- *Important:* Upon arriving to this appointment, please refrain from wearing any perfumes, aftershaves, lotions or tanning sprays.

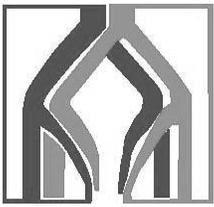
Additional Instruction

- Remove the ace wraps the day after your procedure (preferably at lunch time), and put on the stocking immediately.
 - Make sure to *sleep* in the stocking the following night after your procedure.
- 48 hours after your procedure, start wearing the stocking *through out the day only* for 10-14 days.
- Also, 48 hours after your procedure you're allowed to shower.
 - For example, if your procedure is on Monday, you can *start* showering on Wednesday evening.

Frequently Asked Questions

- What causes damaged veins, aka varicose veins?
 - There are many risk factors that can contribute to one developing bad valves in your veins. Some of the most common factors include family history of varicose veins, obesity, sitting or standing for a long period of time, or having a history of developing blood clots (DVT, deep vein thrombosis). Pregnancy can also increase the risk of developing varicose veins.
- What kind of symptoms should I expect after the procedure?
 - It is normal to experience mild discomfort, redness, tenderness, swelling, and bruising. Blisters may also develop, which is relatively uncommon. If noticed, wash the blisters with soapy water and they will be evaluated during your post-op ultrasound. Any symptoms that persist or worsen, call our office right away. In an emergency call, 911.
 - Note: We carry Arnicare cream at both locations. This can be used to help treat bruising, swelling, and pain.
- When should improvements be expected?
 - You may experience mild discomfort or some of the symptoms mentioned above for the first few days. The heaviness, tiredness, and other symptoms should improve over time. If you had varicose veins, most of these should be gone. Also, some patients require more than one procedure in order for the entire leg to improve. Please note, every patient reacts differently; it may take longer for some people to recover faster than others.
- What happens to my vein once it's closed?
 - It turns into scar tissue, which may cause tightness or a pulling sensation. This feeling goes away over time. Eventually, your body will develop new vessels to shunt the blood to good veins.
- How long does the procedure take?
 - The EVLT takes approximately 20-30 minutes. Microphlebectomy (some patients may not require) take an additional 15-20 minutes. Expect to be in the office for approximately *an hour* due to time spent in pre-op and post-op.
- What do I take for pain?
 - Take ibuprofen (Advil), naproxen (Aleve) or (acetaminophen) Tylenol.
- When can I resume normal activities?
 - You should return to normal activity 24 hours after the procedure.

- When can I drive?
 - You can drive 24 hours after your procedure.
- When can I return to work?
 - Most patients are able to return to work the next day, however, results may vary.
- When can I exercise?
 - Walking is encouraged but don't over do it. Heavy lifting (more than 30 pounds) is not permitted for the first 7 days. You should also refrain from strenuous exercise (running, biking, etc.) for a week.
- When can I travel?
 - Traveling is not suggested for 2 weeks after your procedure. In the event that you do travel **after** the initial 14 days, be sure to wear your knee high compression stockings. If you're traveling by car, stop every hour and walk around.
- When can I shower?
 - Showering is allowed 48hrs after your procedure.
- How long do I have to wear my compression stockings?
 - You should wear your compression stockings for 10-14 days following your procedure. You may take them off at night when you shower, and then put them back on when you wake up the following morning, *unless told otherwise*. After these initial 10-14 days, please wear your knee high stockings daily.
- How much does insurance cover?
 - This needs to be answered by your insurance company, as coverage and deductibles will vary. Make sure to ask them about your benefits, and how much they allow for the procedure.
- Where are these procedures performed?
 - Both locations:
 1. Lutz Office:
 - 19185 North Dale Mabry Hwy
Lutz, FL 33558
 2. Waters Office:
 - 2809 West Waters Ave
Tampa, FL 33614
 3. Riverview Office:
 - 3140 S Faulkenberg Rd., #202
Riverview, FL 33578



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Cancellation and Rescheduling

It is very important to keep the dates you commit to. Due to the high number of ordered and scheduled procedures, it is extremely difficult to continuously cancel and reschedule appointments. When rescheduling your appointments, you will be offered the next available opening. We tend to schedule in advance, so you may have to wait several weeks before an appointment becomes available. In the event that you have rescheduled **more than twice**, you will be asked to return to the office before rescheduling your procedure.

If you need to reschedule or cancel, please keep in mind that you may need a new authorization, which can take several weeks. At times, insurance companies become confused when we attempt to resubmit an already authorized procedure. This confusion can cause a denial, and your insurance company may require you to wait 6 months before paperwork can be resubmitted. Although an authorization has originally been obtained, there is no guarantee that a new or extended authorization will be granted.

We understand that life has unexpected events, and we will be sure to take this into consideration before applying any fees. Please review our updated cancellation policy:

Cancel within **5 business** days you will receive a **\$100 fee**.

Cancel within **3 business** days you will receive a **\$250 fee**.

Cancel within **48 hours or don't show up**, you will receive a **\$500 fee**.

We want to make sure you are completely comfortable regarding your procedure. So, if you have any questions, comments or concerns, please don't hesitate to contact:



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PATIENT PRE-AUTHORIZATION INFORMATION

- What is pre-authorization?
 - Pre-authorization, or pre-determination, is the process of obtaining approval from your insurer before your procedure. This authorization is acquired to insure your procedure will be covered.

- Am I guaranteed authorization for my procedure?
 - Every state has different laws and requirements regarding an insurer covering your procedure. Although an authorization may be received, it does not guarantee payment. In some cases, depending on the insurance, you may be required to pay a portion of your procedure. Please contact the benefits department of your insurance to clarify what portion you will be responsible for, if any.

- How long does it take to receive notice of an authorization?
 - Depending on your insurance company, please allow 30-45 days to process and receive your authorization.

- What do I need to do in regards to my insurance?
 - You are not required to do anything. We will request the authorization from your insurance company. The only time you may have to contact your insurance company will be in the event of a denial.

- What happens if I'm denied for my procedure?
 - In the event you are denied, you will be notified by our office and your insurance company. At that time, you will need to apply for an appeal with your insurance company. This is something that must be done by the patient due to insurance requirements. If you are still denied after the appeal process, we will present you with other options at that time.

- When, and who, will I be contacted by to know the authorization was obtained successfully?
 - Your doctor's nurse. At that time, you will be able to schedule your procedure(s).