



Pre-Treatment Instructions for Endoluminal/Thermal Ablation

Your evaluation and ultrasound report reveals venous insufficiency and you may have this corrected with an endoluminal/thermal ablation. (EVLT)

Water's Edge Dermatology, will provide the necessary information to your insurance company. Your procedure may/may not be covered by your insurance. You will be responsible for any fees, and this includes your co-payments or deductibles. Some insurance companies require the use of compression stockings prior to treatment.

The procedure is done in the office using a special local anesthetic called tumescent. Tumescent numbs the area very quickly. The vein that is causing the bulging varicose veins is closed with a laser. This is done through a small needle stick and only takes about 30 minutes. After the vein is closed, the doctor may make small incisions to remove any other bulging veins. (Phlebectomy) It may be necessary for the doctor or nurse to suture the incision sites. Typically, there is no scarring and cosmetically, a phlebectomy provides excellent results.

You will be at the clinic for 1-2 hours, but the surgery time itself is usually 30-40 minutes. The nurse will instruct you to take it easy and not work for 2 days, then you can resume your normal activities on the 3rd day. Wait one week before resuming heavy exercise and 2 weeks before swimming or using a hot tub. The doctor will prescribe Motrin 600 mg three times a day for a week.

- We will need copies of your drivers license and insurance card
- Please let us know if you are taking any blood thinners
- **Please wear loose fitting clothes the day of surgery. (Skirt, dress, sweatpants, shorts)**
- Please bring a driver, since your leg will be wrapped with a compression dressing
- You may eat a light meal on the day of your surgery
- You will need to wear thigh high compression stockings for approximately 1 week after surgery. You do not have to wear your stockings when you sleep.
- Please feel free to bring an iPod to listen to during your procedure. Some patients have found this to be relaxing
- Take a shower the morning or night before your procedure and thoroughly wash your legs. Please do not apply lotions or oils to your leg on the day of the procedure.
- Please arrive to the clinic 30 minutes prior to your procedure.
- If you are taking a blood thinner, please inform the nurse practitioner or doctor. If you are taking Coumadin, you will need a PT/INR 1-2 days before your procedure. Your level should be < 2.5. You can take your med after the procedure if instructed by your doctor.
- Dermaka cream post treatment 3 times per day. Visit www.dermaka.com for more information.
- **Spider veins are not covered by insurance. Sclerotherapy sessions are \$350.00 for 20 minute sessions.**

Please call the nurse for any questions or concerns before or after your spider vein treatment,

Dr. Bush works out of 3 offices at this time!

Port St. Lucie: 772-335-3550

Palm Beach Gardens: 561-694-9493

Stuart: 772-219-2777

