VEIN & VASCULAR SPECIALISTS
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Endovenous Laser Therapy Q&A

What alternative are there to treat my varicose veins?
Large varicose veins that bulge may be treated with compression therapy to relieve symptoms of leg heaviness, leg swelling and to prevent the long term result of venous insufficiency which can cause leg ulcers or sores to develop. Other treatments that are available include surgical ligation and stripping of the veins, radiofrequency catheter ablation of the veins and endovenous laser therapy. Endovenous Laser treatment is as effective and much less invasive than surgical stripping and ligation.

What about sclerotherapy for large varicose veins?
This procedure has been used to treat large varicose veins. However, in this setting, sclerotherapy had a high failure rate and so typically, it is no offered for the treatment of large varicose veins. Sclerotherapy is frequently used after removal of the large varicose veins to treat spider veins that are left behind.

How does Endovenous Therapy work?
Laser heats the vein and closes it. Ultimately, the vein will turn into a small shrunken scar.

Don't I need my vein for circulation?
The majority of vein blood return to the heart takes place through the deep veins that you cannot see. Varicose veins do carry blood but after vein removal, blood is simply re-routed to the deep veins through other vein channels.

My uncle had heart surgery and they used his leg veins. What if I ever need bypass surgery?
Superficial leg veins can only be used for bypass surgery if they are "healthy." Varicose veins are not suitable for bypass. Other alternatives are used in this situation.

If I have a successful procedure, will I still need to wear compression hose?
You will be instructed to wear a stocking for a period of time after the procedure itself. The use of long term compression stockings will be discussed with you by your vascular physician. Sometimes support is recommended long term depending on the severity of your vein disorder.

What does the laser procedure entail?
When you come in for the laser procedure an ultrasound is performed and your leg is marked with a pen so the physician will have a map to follow. Local anesthesia is used to numb up the area where the catheter will be introduced. Then, further anesthesia is given prior to the actual laser procedure. After the procedure the leg is cleaned and wrapped. Your compression hose will be applied while you are still on the procedure table.

Will I be able to work?
There should be no problem going to work. Regular activity, as well as walking, is encouraged. Strenuous exercise, however, should be avoided.