

Endovenous Laser Treatment

Post Treatment Information

Will I experience pain after an EVLT?

Mild to moderate soreness and bruising is common and often lasts from a few days up to a few weeks. A slight pulling sensation and lumpiness in the treated vein could also be a part of the healing process. Over the counter pain relievers like Ibuprofen (400mg) or Acetaminophen (500mg) may be taken to alleviate any discomfort.

Do I really have to wear the compression stockings?

YES! You will continue to wear them for two weeks unless specified differently by Dr. Tolitano.

What about activity? Is it safe to exercise after the EVLT procedure?

Resuming normal daily activities is strongly encouraged. It is not necessary to go home and put your feet up! Soaking in a hot tub or swimming is discouraged until the steri-strips are removed. Strenuous exercise like running or aerobics may increase the amount of discomfort felt post-procedure; therefore, we recommend cutting your exercise routine in half for a few days and gradually increase as tolerated.

What if I have questions? How do I contact you?

The day following your procedure, one of our Medical Assistants will be contacting you to find out how you are feeling and to answer any questions you may have. Please feel free to express any concerns or questions that you may have at that time. Our number is 630.860.0035.

What about follow up visits?

A follow up appointment is necessary 7 days following the procedure so that the doctor may examine your leg with an ultrasound to make sure the treated vein is healing as it should. Additional ultrasound exams are required at 1 month, 6 months, and 12 months unless Dr. Tolitano says otherwise. This way the doctor can continue to monitor your progress and determine that the vein is disappearing over time.



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www.advancedveinclinics.com

Ambulatory Phlebectomy (AP)

Post Treatment Information

Will I experience pain after the AP procedure?

Bruising is expected and generally subsides over the course of two weeks. Most of the tenderness and discomfort from the procedure is 50% gone by the day after, and 90% gone by two days after the procedure. Firmness and lumpiness in some limited areas where veins were removed is common and will disappear, typically over the course of a few weeks. Motrin 800mg pain reliever, or over-the-counter pain relievers are all that is necessary to relieve discomfort. A local area of numbness near a micro-incision will occur on occasion and may last from a few weeks to a few months. If you have sutures, they must be removed within a week of your procedure.

How long do I have to wear the compression stockings?

Compression stockings should be worn until the following morning. Yes, you sleep in them! The following morning, after removing your stockings and discarding the gauze dressings, you will see that the tiny micro-incisions have been closed with adhesive tapes called steri-strips, and then covered with gauze. There may be a small-to-moderate amount of blood-tinged drainage that has leaked onto the stocking as a result of the local anesthetic. This is totally expected and is not a cause for alarm. If you have sutures, they will be removed at your next visit. Sutures must be taken out within a week of your procedure.

What about activity? Is it safe to exercise after the AP procedure?

Moderate activity, like walking, is encouraged and may be resumed immediately. It is recommended that you do not bend your leg until you remove the bandages the following day. This includes the ride home. Elevation of your leg above your heart while wearing the bandages is not recommended as it may cause your feet and toes to go numb, but resting with your legs level on the couch or in bed while asleep is okay.

Almost all patients return to work the next day, although rare exceptions occur depending on your type of employment. Strenuous exercise, swimming, hot baths and deep tissue massage are discouraged until you see Dr. Tolitano at the next follow up appointment in a week.

What about showering?

Showering is fine, following the removal of your outer bandages. (No tub bath until seen by the doctor.) Following your shower, gently pat these areas dry and apply your compression stockings. Please wear your compression stockings daily during waking hours until returning for your check up.



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Sclerotherapy

Post Treatment Information

Will I experience pain after Sclerotherapy?

Tenderness, firmness and redness in the treated areas is more common following the treatment of larger veins. Over-the-counter pain medicine will alleviate any discomfort.

Do I really have to wear the compression stockings?

We recommend that you wear the stockings to bed the first night and remove them the next morning along with the cotton gauze. Reapply the compression stockings and wear them daily during waking hours for an additional 2 weeks depending on the size of the vein treated. Please bring your compression stockings to each Sclerotherapy appointment.

What about activity? Is it safe to exercise after Sclerotherapy?

Strenuous exercise should be avoided for 24 - 48 hours because this may increase soreness in the legs. Normal activities may be resumed immediately. Patients having large varicose veins treated may be asked to avoid prolonged standing the day of the procedure and to elevate their legs for a few hours after returning home.

What about showering?

It is okay to remove your compression stockings the morning after your Sclerotherapy to shower and then reapply them as directed above. Avoid soaking in a hot bath for at least 48 hours as heat causes dilation of the blood vessels.

Can I expect bruising after the procedure?

Remember, your legs will look worse before they look better. Bruising and discoloration is normal and may take several weeks to fade. You may purchase Dermaka (\$32.00) to help aid healing.



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Sclerotherapy/Surface Laser

Patient Estimate Sheet

Single Treatment Session – \$300

Up to two syringes of medicine will be injected.

Double Treatment Session – \$500

More than two syringes of medicine (maximum of four) will be injected. (Double Treatment Sessions are recommended if there are a large number of veins requiring treatment and therefore not appropriate for all patients.)

Follow-up Appointment – \$75

An evaluation of treatment or evacuation of a treated vein following Sclerotherapy.

Medical Grade Compression Stockings – \$75

Required following sclerotherapy.

The above fees also apply to treatment with Surface Laser or Intense Pulsed Light, and are based on the number of veins or surface area to be treated.

Estimated number of treatment sessions and fees for services:

Single sessions _____ @ \$300.00 = _____

Double sessions _____ @ \$500.00 = _____

Compression hose _____ @ \$ 75.00 = _____

Total Estimate (not including follow up visits) = _____

Signature _____ Date _____

(Length of treatment time may range from 15 to 30 minutes, but the actual length of time in the procedure room could be up to 45 minutes.)

We accept cash, check, Visa, MasterCard, Discover and American Express.



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Treatments

Welcome to Advanced Vein Clinics! We are so happy you have chosen us for vein care. Our staff of specially trained doctors and medical professional are completely committed to helping you restore health and beauty to your legs. We offer all medically approved, state-of-the-art treatment options, which are performed here in our office. The following is a brief description of each procedure.

Endovenous Laser Treatment (EVLT)

This procedure has replaced traditional vein stripping for the treatment of varicose veins. Approved by the FDA over ten years ago, it works by sealing veins closed using a laser. We are the only vein clinic that offers anaesthesia for this procedure!

Ambulatory Phlebectomy (AP)

This procedure allows for the removal of surface varicose veins through micro-incisions. Small adhesive strips or sutures are used to close the tiny incisions, and then an application of a firm compression bandage.

Sclerotherapy

A procedure first used almost 100 years ago, Sclerotherapy is the injection of medicine directly into a vein to cause inflammation and ultimately the disappearance of the vein over time. Because a very tiny needle is used, no anesthetic is necessary. A compression stocking is applied afterward to achieve the best cosmetic result.

In order to achieve the best result, a combination of procedures may be recommended. Although the treatment of leg veins is the main focus of our practice, many of our patients are interested in treatment of veins on their hand. Hand veins may be safely treated with the Sclerotherapy procedure followed by the application of a tight compression glove.

Other services we offer:

- SmartLipo
- Vitamin B12 Shots
- Juvederm
- Ideal Protein Diet
- Botox
- Tattoo Removal
- Cellulaze
- Chemical Peels

All our procedures include a friendly, professional and experienced staff who will provide guidance through the insurance and billing process if service is covered for those procedures covered by insurance providers.



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