HealthPro Surgery
Dr John Kinyua Murithi, MBChB, FCS(ECSA), FACS
Consultant General, Vascular and Laparoscopic Surgeon

PATIENT GUIDE

Aga Khan Hospital Mombasa
Doctors' Plaza, First Floor

VARICOSE VEINS

Laser treatment of varicose veins (EVLA)

Endovenous laser ablation (EVLA) is a modern, minimally invasive day-case treatment. A thin laser fibre is passed inside the faulty vein through a needle puncture, under ultrasound guidance, and seals it from the inside. Blood then flows through the healthy deep veins. When both legs need treatment, they are usually treated in the same session: one visit, one anaesthetic and one recovery period.

Procedure date: _____ **Arrival time:** _____

Before the procedure

- Continue your regular medicines unless told otherwise. Tell us if you take **blood thinners**, have had a **blood clot (DVT)**, take the **contraceptive pill or HRT**, or could be pregnant.
- Do not eat for about 6 hours before (sips of water until 2 hours before), as instructed when you book.
- Bring loose trousers or a long skirt, flat shoes, your medicines list, your insurance card and an adult to take you home.

On the day

Anaesthesia

Spinal anaesthesia is our preferred option: you are numb from the waist down and feel nothing, with light sedation if you wish. **General anaesthesia** is available if you prefer to be asleep. Local anaesthesia alone is possible but not preferred when both legs are treated.

How long

About one to two hours in theatre. Allow most of the day at the hospital. You go home the same day once the feeling in your legs has returned.

Your recovery

Day of treatment	**Home once the anaesthetic wears off** • Go home once the feeling in your legs has returned. No driving for at least 24 hours.
First week	**Rest, with short walks** • **Resting at home for about a week is advisable, but not mandatory.** Keep your legs raised when resting. • **Get up and walk for a few minutes every hour** while awake, to keep the circulation moving. • Wear stockings day and night for the first 1–2 days, then in the daytime for about 1–2 weeks, as instructed. • Shower once the first stockings are removed (usually after 24–48 hours).
Week 2	**Back to normal activities** • Return to work; desk work sooner if you feel well. Drive once you can make an emergency stop comfortably. • Gym, running and sport after about 2 weeks. Swim once puncture sites have healed (about a week). • Avoid long-haul flights and very long journeys for about 4 weeks unless discussed with us.

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Mon–Fri 9 am–5 pm · Sat 9 am–12 noon

General guidance only. Always follow the specific instructions given to you by our team.
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Weeks 2–12 — **Settling and follow-up**

- Bruising, lumps and discolouration settle. An ultrasound review checks the result.

What is normal afterwards

Bruising

Common along the thigh or calf. Usually painless; fades over 2–3 weeks.

Tight, pulling feeling

Often around days 5–10, like a pulled muscle. Keep walking and take simple pain relief; it settles in a few days.

Firm cord or small lumps

This is the sealed vein. It softens and disappears over weeks to months.

Numb or tingly patch

Occasionally, from small skin nerves near the vein. Almost always improves over time.

Pain relief: paracetamol, with ibuprofen if suitable for you, for a few days. Aching and heaviness often improve within weeks; appearance continues to improve over 2–3 months.

Common questions

Where does the blood go?

The sealed vein was not working properly. Blood flows through the healthy deep veins instead, and circulation usually improves.

Why both legs together?

One visit to theatre, one anaesthetic and one recovery. If you prefer, the legs can be treated a few weeks apart.

Will the smaller veins go?

Many shrink once the main vein is sealed. Others can be removed through tiny nicks or treated with foam, at the same time or later.

Can veins come back?

Treated veins rarely return, but new ones can develop over the years. Staying active and avoiding long periods of standing help.

Will it hurt?

Not during the procedure. Afterwards most people have mild aching, eased by simple painkillers.

Is it covered by insurance?

Usually, when veins cause symptoms. We handle pre-authorisation with your insurer.

These are uncommon, but contact us or go to A&E if you notice

- Increasing pain, swelling or tightness in the calf
- Chest pain or sudden breathlessness
- Fever, or spreading redness or discharge from a puncture site
- Bleeding that does not stop after 10 minutes of firm pressure with the leg raised

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