



ClosureFAST™ Thermal Ablation

Pre-Op Information and Instructions

ClosureFast™ Thermal Ablation is a minimally invasive catheter based procedure used in the treatment of varicose veins or venous insufficiency. Under ultrasound guidance and local anesthetic, a catheter is inserted into the vein and the vessel is treated with heat, resulting in the closure of the vein.

Diet:

- Eat normally and drink plenty of water the morning of the procedure. We encourage meals prior, ensuring your blood sugar remains stable.
- Avoid caffeine that morning, (coffee, soda, tea, chocolate, sports drinks) as this constricts the vessels.

Medications:

- Take your daily medications as normal.
- We do not require you to stop any medications prior to the procedure.
- Aspirin is recommended for pain relief.

Preparation:

- Have your compression stockings ready to wear the day after the procedure. You will not need to bring them with you to the procedure.
- Wear loose fitting pants. Your legs will be wrapped with 2 layers of bandages.
- No general anesthesia or IV sedation will be used, only a local anesthesia.
- You may drive after the procedure, unless otherwise indicated.
- Once at home, you may be up as much as you desire. When you are lying down, elevate your leg. We discourage prolonged sitting or standing in one position.
- You will be scheduled for the follow up after the procedure for a short ultrasound. Please plan for this and notify the office if you are unable to make it.
- You may resume jogging or running after 2 weeks.



ClosureFAST™ Thermal Ablation Post-Op Instructions and Dressing Care

- Your leg(s) will be wrapped with a cotton dressing and a compression bandage.
- The wrap will be a firm compression, but should not be so tight that it is uncomfortable or painful. If it seems too tight once you are home, you may remove the dressing.
- Leave the wrap on the day of the procedure and sleep with it on. The following morning you may remove the dressing and shower.
- Start wearing compression stockings the day after your ultrasound is completed
- Compression stockings should be worn for two weeks during the day.

Medications:

- Unless otherwise directed, start Aspirin, 325mg tablets as needed per your physician.

Activity:

- Once at home, you may be up as much as you desire. When you are lying down, elevate your leg.
- We discourage prolonged sitting or standing in one position.
- After the first day we encourage activity, especially walking. You may resume jogging or running after 2 weeks.

What to expect:

- Pain should be minimal. This can be relieved with aspirin, Tylenol™, ibuprofen/Advil™.
- It is not unusual to have some tenderness down the course of the vein with redness as well. If this happens, apply a heating pad and increase anti-inflammatories (aspirin or ibuprofen/Advil™).

Notify us if:

- Your pain is not relieved by Aspirin, Tylenol™, or Ibuprofen/Advil™.
- You notice significant swelling in ankle/toes.
- Chest pain or shortness of breath develops.

Follow-up:

- You will be re-evaluated at our office with an ultrasound in 2-3 days after the procedure to rule out blood clots. Long-term follow up will be scheduled after the procedure.

Questions or concerns:

- Regular office hours are 9:00 a.m. to 5:00 p.m. Monday through Friday.
- Please call (972) 646-8346 any time to speak to our office or an on-call physician.