



What to Expect During a Venous Ablation

Your Vascular Physician has scheduled you for a venous ablation due to a positive venous insufficiency study what are the next steps?

What is a venous ablation?

It is a minimally invasive procedure that closes incompetent veins in your legs.

Why did my doctor schedule an ablation?

Your doctor scheduled this test because you were having symptoms related to venous insufficiency. These symptoms may include leg heaviness, leg or ankle swelling, leg pain, varicose veins, skin changes, ulcers, or itching/restless leg. Progressive symptoms can be debilitating and significantly impact quality of life.

What types of procedures are there?

Radio Frequency is a thermal ablation using ultrasound guidance. A radiofrequency catheter is inserted into the abnormal vein and the vessel treated with radio-energy, resulting in closure of the involved vein.

Venaseal closure system uses an advanced medical adhesive to safely and effectively close the diseased segment of the vein.

Varithena is an Injectable Foam which is a sclerosing agent used to treat incompetent great saphenous veins, accessory saphenous veins, and visible varicosities of the great saphenous vein system above and below the knee.

How long will the procedure take and will I need someone with me?

The procedure will take approximately 90 min, and in most cases a support person over the age of 18 should bring you to and from the procedure.

Are there any special any special instruction?

Please wear clothing that is loose and comfortable and drink plenty of water the day of the procedure. We recommend taking ibuprofen or Tylenol prior to leaving home to help with any discomfort. Diuretics should be avoided for 24 hours. Please bring thigh high compression stockings with you to the

procedure. If you don't have stocking they are available for purchase in office. Please do not shave your legs day of the procedure, and do not apply any lotion or oils. Please refrain from wearing heavy perfumes or colognes. There are no restrictions on eating prior to the procedure. One week prior to your procedure a member of the vein team will reach out to you to verify your appointment and confirm your pharmacy so the valium prescription can be called in. Valium is recommended to help relax you during the procedure. If patient takes valium, a driver is mandatory.

What will happen on the day of my procedure?

You will check-in for your procedure downstairs in suite 100. A member of the vein team will meet and escort to the procedure room. After obtaining vitals and consent we will have you change into loose fitting shorts at which point the ultrasound sonographer will scan the designated leg and mark the path of the vein. A sterile field will be draped over you, at which point the procedure will begin. After the procedure, your leg will be wrapped with ace bandaging and compression stocking. We will walk you for approximately 10 minutes and discuss post procedure instructions as well as give you written instructions. You will be scheduled for 2 additional ultrasound one 7-10 days and a second one at 30 days.

What are any post procedure instructions?

After 48 hours, the compression stocking and ace wrap should be removed. However, the compression stocking needs to be worn during the day for at least 2 weeks. Wait at least 48-72 hours before resuming any heavy lifting, running, or high impact aerobic exercise. Walking is very important! Please walk approximately 1 hour a day. This can be spread out during the day to equal up to at least an hour of walk time. You may experience some bruising or swelling, numbness or tingling. This is temporary and should resolve. Take ibuprofen 48 hours after the procedure to help reduce inflammation if your stomach can tolerate. If not, Tylenol may be taken. You may take a shower post procedure, but do not soak in a tub or go swimming until the access site is healed.

Our friendly, experienced, and knowledgeable staff is happy to answer any questions or address any concerns you have throughout your time in our office. Please do not hesitate to ask, we love to educate!