

Name: Patient Test  
DOB: 01/01/1962

PID: 6862727

## ClariVein Patient Instructions

**ClariVein (Venous Occlusion)** is a safe and simple varicose vein treatment that closes varicose veins without surgery. ClariVein is a specialty infusion catheter with a rotating wire tip designed for the controlled 360-degree dispersion of physician-specified agents to the targeted treatment area. The ClariVein is fully disposable, minimally invasive, and can be efficiently used in an office setting. The ClariVein device is a thin catheter (tube) that your doctor temporarily inserts into the peripheral vasculature through a pin-sized entrance point. ClariVein is several times smaller than other devices used in peripheral vascular treatments allowing the entrance point to be smaller.

Procedures which use ClariVein are often simpler, faster and studies have shown up to 74% less pain than other minimally-invasive peripheral vascular treatments<sup>1</sup>. Because no thermal energy is used, there is no need for the multiple needle-stick injections of anesthesia (pain-numbing) medication along the length of the treated area. This shortens the time the procedure takes, reduces pain and discomfort, and also eliminates bruising. The results are comparable or superior to other methods for treating varicose veins, including surgery, with lower rates of complication and the avoidance of general anesthesia.

After having ClariVein treatment, you may still have small varicose veins and spider veins. Sclerotherapy can be used to treat these, if desired.

### Reasons for Having Venous Occlusion (ClariVein)

Varicose veins are not only a cosmetic problem — they can cause discomfort and pose significant health threats. Varicose vein treatment can eliminate aching, throbbing, cramping, swelling and heaviness in the legs. It can also reduce the dangers of non-healing wounds and blood clots posed by varicose veins.

Not everyone is a candidate for venous occlusion (ClariVein). People who are candidates may choose it over a surgical varicose vein treatment for the following reasons:

- Lower recurrence
- No recovery period
- Less painful
- No scarring

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### Risks Involved in ClariVein

Venous occlusion (Clarivein) is a very safe procedure. Potential but uncommon side effects include:

- Blood clot or inflammation in the vein,
- Insufficient closure of the varicose vein, requiring an additional treatment
- Injury to skin
- Cellulitis (1-2%)
- Deep vein thrombosis (1%)
- Damage to the blood vessel, bruising or bleeding at the puncture site, or infection (from catheter insertion).
- Hyperpigmentation (1%).

### Insurance Coverage

Venous Occlusion is covered by some insurances. We will pre-certify or do a pre-determination to be sure. Although insurance companies may pre-certify your procedure, this is "not a guarantee of payment." If you have further questions, you should contact your insurance carrier.

### Preparation Guidelines

Following are the preparation guidelines for Clarivein. Please contact us at 314-741-0911 if you have any questions.

- Bring your thigh-hi compression stockings to the office on the day of the procedure.
- Please arrange for a ride to and from the office on the day of the procedure. Please do not drive for 24 hours after the procedure.
- There are no diet restrictions prior to the procedure.
- **Drink plenty of fluids prior to the procedure.**
- Please shower on the day of the procedure but do not apply lotion to your legs.
- If you take Pradaxa — you should stop taking this prescription 2 days prior to the procedure.
- If you are taking 5 mgs. or less of Coumadin — hold it for 3 days.
- If you are taking more than 5 mgs. of Coumadin — hold it for 4 days.
- Wear loose fitting clothes on the day of the procedure.

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### What to Expect During Your Varicose Vein Treatment

When you come in for the procedure you will ask any last minute questions and then sign the consent form. You will then change into a gown. Your leg will be cleansed thoroughly with betadine. At this point your doctor will begin the procedure. The access site for the procedure will be cleansed and anesthetized with a local anesthetic. Using ultrasound guidance, the doctor will carefully thread a catheter through the incision and into the vein. Once placed inside the peripheral vasculature using a pin-sized entry through the skin, the rotating tip of the ClariVein®OC is set in motion to treat the inside of the vessel delivering medicine specified by your doctor. The medicine is delivered through the unique rotating tip of the catheter allowing for 360-degree coverage of the vessel. This causes an irritation to the inner lining of the vein, resulting in closure of the vein. The incision will be cleaned and a bandaid applied. You will put the compression stockings on and change back into your normal clothes.

You will have a follow-up visit approximately a week after your session. The ultrasound technician will perform an ultrasound to ensure the varicose vein has been completely closed and no blood clots have developed.

### Recovering From Your Procedure

1. Have a relaxing day, but take some time to get up and walk around periodically.
2. Avoid heavy lifting or exercise for 24 hours.
3. The compression stockings are to be worn continuously for the first 48 hours, except for showering. For the following 5 days, you should wear the stockings only during waking hours.
4. Please remove the bandaid with your first shower 24 hours after the procedure.
5. Bruising is normal. You may also feel a tugging sensation for the first week after the procedure.
6. For additional pain control, take Tylenol, Extra Strength, 1-2 tabs every 4-6 hours as needed. **DO NOT take Aspirin, Aleve, Motrin or Advil.**
7. Make an appointment for 1 week after the procedure for a routine ultrasound to assess your vein. We will arrange this for you after your procedure.
8. Follow up with your doctor in 4 weeks.
9. **WOUND CARE PATIENTS:**  
Please schedule an appointment with the wound care clinic 1-2 days after your procedure to be re-wrapped.

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