



California Heart Specialists, Inc.
18800 Main St. Suite 103 • Huntington Beach, CA 92648 • (714) 842-8100
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VENOUS ABLATIONS

What is a venous ablation?

Venous ablation is a minimally invasive treatment that uses radiofrequency to cauterize or burn and close abnormally enlarged veins at the legs. It is an alternative to traditional vein stripping for patients with superficial venous reflux, an underlying cause of varicose veins.

Normally, blood circulates from the heart to the legs via the arteries and back to the heart through the veins. Veins contain one-way valves which allow blood to return from the legs. If the valves leak, blood can pool in the veins causing them to become enlarged or varicose. Venous ablation is an image-guided procedure that uses heat generated by radiofrequency to seal off these faulty vessels, diverting blood flow to healthy veins.

The venous ablation procedure is conveniently performed in our office. The goals of treatment are to reduce symptoms, such as aching, swelling, skin irritation, and discoloration, and to reduce the risk of complications from venous disease such as ulcerations and blood clot.

How is a venous ablation performed?

The leg being treated will be cleaned, sterilized and draped. Using ultrasound to visualize the enlarged vein, a catheter is inserted through a small incision and positioned within the abnormal vein. A radiofrequency electrode is then inserted through the catheter and advanced to the location of the abnormality. The electrode heats the vessel and seals the incompetent vein shut. This will shrink the faulty vein and cause it to close down. The procedure takes between 45 minutes to 1 hour to complete.

What are the benefits of the procedure?

- No large surgical incision is needed. Only a small incision in the skin that does not have to be stitched closed is required.
- When compared with traditional vein stripping techniques, endovenous vein ablation is more effective, has fewer complications, and is associated with much less pain during recovery.
- Vein ablation is generally complication-free and safe.
- This procedure leaves virtually no scars because catheter placement requires skin openings of only a few millimeters.
- Vein ablation is less invasive than standard surgical procedures.
- Most of the veins treated are effectively invisible 12 months after the procedure.
- Most patients report symptom relief and are able to return to normal daily activities immediately with little or no pain.



Pre-Procedure Patient Instructions

You are scheduled to undergo an endovenous vein ablation procedure to treat your lower extremity veins. This procedure should take approximately two hours and will be performed in our office. Please follow these instructions before your procedure.

- Increase your fluid intake 24 hours prior to your procedure.
- Drink at least 1-2 glasses of water the morning of the procedure.
- You should wear comfortable, loose-fitting clothing. All clothing and jewelry will have to be removed in the area being examined prior to the procedure. You may be asked to wear a gown or shorts during the procedure.
- Please bring the following medications with you on the day of the procedure.
 - Lorazepam 0.5mg
 - Benadryl 50mg

*The medications are prescribed to relax you before the procedure.

*Do **NOT** take the medication before you arrive.

*Bring them with you and we will let you know when to take it at the office.
- Please bring your compression stockings. If you do not have any, please let us know and we will prescribe them for you.
- Please arrange for someone to drive you home after the procedure. We do not recommend driving after taking the medications. If you are unable to find a driver, please call us at the phone number above.
- If you are taking the following blood thinning medications, please STOP 48 hours prior to the procedure. You may continue all other medications.
 - Pradaxa
 - Xarelto
 - Eliquis
 - Coumadin
- If you have additional questions please contact our office.



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Post-Procedure Patient Instructions

Now that your vein ablation procedure is complete, you may resume normal activities. Here are some guidelines to follow.

- **Please wear your compression stockings or ACE compression wrapping** for at least **3 days** following the treatment. You may take the coban bandaging off after 3 to 4 hours. Please call us if you have any questions.
- We advise you to continue wearing the compression stockings for the next 14 days. You may take them off to shower and at night.
- You are encouraged to walk 20-30 minutes several times throughout the day. Walking will help the recovery process.
- Please refrain from the following activities. Inability to comply with these instructions may lead to infections/swelling:
 - Strenuous activities/heavy lifting for 72 HOURS
 - Running for 72 HOURS
 - Swimming, using a hot tub or taking a bath for 72 HOURS. You may sponge bath and clean the treated leg, but try to avoid submerging the leg in water.
 - Do not travel by air for 1 WEEK after the procedure
 - Avoid exposure to excessive sun during the 2 WEEKS following the procedure
- It is normal to experience bruising, soreness, and a tightening sensation during the next two to three weeks following the treatment. This should begin to subside after 2 weeks. You can take over the counter pain medications such as Tylenol or Advil as needed for discomfort.
- If you are experiencing bleeding or pain, immediately call the office at the number above.