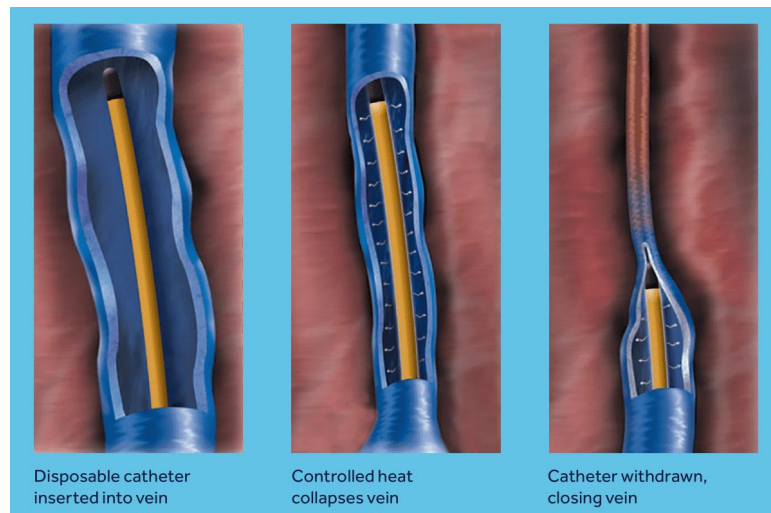


# ENDOVENOUS THERMAL ABLATION (RADIOFREQUENCY OR LASER)

Dr. Wise and the Advanced Vein Center team have diagnosed you with medical vein disease. Specifically, the valves in one or more of your saphenous veins (the main superficial vein trunks in your legs) are not working correctly, which is leading to venous reflux (reverse blood flow). We are recommending a procedure called Endovenous Thermal Ablation to close the vein with heat. This can be accomplished with either a radiofrequency catheter or a laser fiber. Our team will explain the differences and which method is best for your specific case.

## THE PROCEDURE

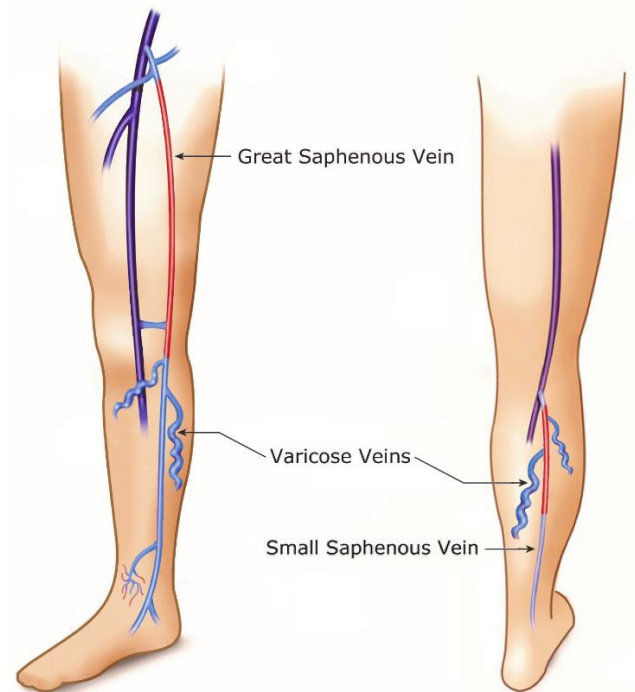
Dr. Wise will inject a small amount of numbing medicine in the skin. He will then make a very small incision (so small that it will not require stitches, leaving little to no scarring) and will introduce a small plastic tube into the vein. Next, he will gently advance a long, thin



## POTENTIAL COMPLICATIONS

**Bruising:** Nearly everyone will develop bruising in the area of the treated vein following this procedure. The bruising should fade within 2-3 weeks.

**Deep Vein Thrombosis (blood clot in one of the deep veins of your legs):** This is a rare complication affecting only 1% of patients treated with this procedure. An ultrasound will be performed within 1 week of your procedure to rule out a DVT. If a DVT is diagnosed, you may need to be prescribed a blood-thinning medication for a few weeks. There is a 1 in 10,000 chance of developing a pulmonary embolism (a blood clot in the deep veins of the legs that travels to the lungs).



radiofrequency catheter or laser fiber through the small plastic tube to the top of the diseased vein. He will then inject more numbing medicine along the entire length of the vein. Finally, he will use the catheter or fiber to deliver heat to the vein wall, causing it to shrink and seal the vein closed. The closed vein will then be reabsorbed by the body, and the blood will reroute through other healthy veins. Once the abnormal vein is closed, visible varicose veins in the area may go away on their own, but additional treatments may be required. The segments of diseased vein that will be treated with this procedure are highlighted in red in the diagram above.

**Nerve Injury:** Numbness and tingling in the treated area can last a few weeks and, in rare cases (1-2%), may last a few months.

**Skin Burns:** This is a very rare complication (1 in 5,000 patients).

**Treatment Failure:** In 5% of patients, the treated vein may reopen over the next year. If symptoms return in those patients, the vein can be retreated.

## **HOW TO PREPARE FOR YOUR PROCEDURE**

If you are taking a blood-thinning medication, please inform us.

Be sure to bring your compression stockings on the day of your procedure or arrange to purchase them from Advanced Vein Center. If you plan to purchase them on your own, be sure to buy the right size (based on the circumference of your thigh, calf, and ankle), the right length (thigh-high vs. knee-high), and the right compression strength (30-40 mmHg).

Take a shower on the day of your procedure because you will not be able to shower for the first 24 hours.

Avoid using makeup, perfume, powder, or lotions on the treatment area before your procedure.

Fasting is not recommended. Eat and drink normally and take your routine medications as prescribed.

Wear loose-fitting clothing to your procedure because tight-fitting pants may not fit over the bandaging and compression stocking that we will apply after your procedure.

## **WHAT TO DO AFTER YOUR PROCEDURE**

After the first 24 hours, you may remove the compression stocking and the cotton balls/gauze dressings to shower. Do not remove the steri-strips that were placed across your incision for one week.

Continue to wear the compression stocking for the remainder of the week, removing the stocking only to shower or to sleep.

Maintain your normal level of activity after your procedure. Short walks are encouraged.

Refrain from strenuous activities, or prolonged standing or sitting, for one week after your procedure.

Avoid very hot showers and do not submerge the treatment area in baths, hot tubs, or pools for 1 week.

If you have pain following your procedure, please feel free to use aloe vera gel, cool packs, Ibuprofen (Advil, Motrin) 200 mg – three tablets every six hours, or Acetaminophen (Tylenol) 325 mg – two tablets every 4-6 hours (not to exceed ten tablets in 24 hours).

You will need a follow-up ultrasound within one week of your procedure to rule out a deep vein thrombosis (DVT). Be sure to schedule your follow-up appointment before you leave the clinic on the day of your procedure.

**Thank you for trusting Dr. Wise, Layla, Jackie & Sergio with your care!**

