

Venous Ablation

ABOUT THE PROCEDURE

- Endovenous thermal ablation is a technique used to close the diseased vein that may have been causing discomfort, swelling, itching and/or restless legs
- It is performed using local anesthesia along the course of the diseased vein.
- There may be some (**generally mild**) discomfort associated with the placement of the anesthetic and also with the use of the ablation catheter.
- A small incision is made near the knee for greater saphenous vein or lower calf for lesser saphenous vein
- The catheter is inserted into the vein much like an IV would be in your arm
- Energy is delivered to the catheter which is slowly withdrawn through the vein in order to close the vein permanently
- The heat gently destroys the lining of the vein.
- There is no pulling, stripping or avulsion of the branches
- The procedure can take 15 minutes to one hour in general depending on severity of your disease and amount of time required to gain access to the vein.

WHAT TO EXPECT

- The patient will be escorted back to the procedure room (Unfortunately, we are unable to accommodate anyone other than the patient and staff in the procedure room)
- There you will change into exam shorts
- The nurse will review the consent form, answer questions and instruct you to take your valium (if taking)
 - **DO NOT TAKE THE VALIUM UNTIL TOLD TO DO SO**
- If taking valium, we require a driver and strongly recommend you do not drive until the following day
- You will lie on your back for greater saphenous and on your stomach for lesser saphenous
- You will be connected to a heart monitor and blood pressure cuff for monitoring throughout the procedure
- The ultrasound tech will do an ultrasound and use a marker to outline the course of the vein
- The leg will be scrubbed with surgical soap(betadine) and draped with sterile drapes to minimize the risk of infection
- A heating pad may be applied to ensure the vein is as large as possible
- The incision site is anesthetized
- Sheath and catheter are placed
- The table is tilted so your head is lowered
- Fluid and anesthetic are injected along the course of the vein
- Pressure is applied to the leg and the catheter is heated
 - You may feel mild warmth
- When the entire vein has been treated the catheter is removed
- The sterile soap is washed off
- Steri strips are applied to the incision site
- The leg is tightly wrapped (from the foot to thigh) in gauze and coban
- This wrap should not be taken off for 48 hours
- If this wrap starts to come off, we recommend you take off the bandage and use the compression stocking for the 48 hour window
- After 48 hours remove the wrap (you may shower at this point) and replace with thigh high compression stocking (worn during the day only)
- The compression stocking should be worn for a total of 3 weeks. It should be removed at night and replaced in the morning

MEDICATIONS

- Coumadin Do not take your dose the day before or the day after your procedure
- Lasix Do not take the day of your procedure
- Insulin Please check with you doctor
- Other If you have questions regarding medication please contact us



DAY BEFORE THE PROCEDURE

- Stop Coumadin
- If you requested valium please pick it up today and bring it with you to the appointment. Do not take the valium until instructed to do so
- Secure a designated driver to chauffeur you to and from your appointment if you are taking valium. You will not be allowed to drive.
- Drink plenty of water especially the evening before and the morning of the procedure
- Contact us if you have any questions _____

DAY OF THE EXAM

- Do not take your Coumadin or Lasix
- Stay active prior to your arrival for procedure
- Do not wear your compression stockings
- Do not eat anything 4 hours prior to procedure
- Do not drink anything 2 hours prior to procedure

WHAT TO BRING

- Valium (if taking)
- Designated driver (if taking valium)
- Loose fitting slacks, sweats, shorts, skirt & house slippers (your leg and foot will be wrapped and will not fit in your normal clothes or shoes)
- The consent for the procedure
- If you suffer from incontinence, please consider wearing appropriate undergarments to prevent accidents
- Boxers, boxer briefs or tight fitting underwear will have to be removed

AFTER THE EXAM

- Leg should remain wrapped for 48 hours (if wrap rolls down it may be removed and replaced with a compression stocking for the remaining time)
- Do not sit or stand for long periods. Every hour get up and walk for 10 minutes
- Remove the wrap after 48 hours and wear compression stocking during the day only.
- Return for post procedure ultrasound as scheduled

The procedure will be done at Central Texas Heart / Brazos Vein Institute
2700 E. 29th St
Suite 330
Bryan, Tx 77802

Phone:979-774-4008

Plan to arrive 30 minutes prior to your scheduled appointment

Your Appointment is on _____ at _____

Your Follow Up Ultrasound is on _____ at _____