



Vein Specialists

Endovenous Thermal Ablation

You have been diagnosed with a venous condition that will be treated with endovenous thermal ablation. This state-of-the-art procedure uses either laser or radiofrequency energy to generate heat at the tip of a catheter inserted into your vein. As the catheter is withdrawn, the heat causes your vein to shrink and close off. Complete scarring of the vein will take several weeks. Most branches of the vein will diminish but some will persist and may require additional treatment.

On the day of your procedure we recommend you have someone else drive you. Please be certain to bring your compression stockings with you on this day as they will be used at the end of the procedure. You should notify us if you are on any blood thinners including Warfarin/Coumadin/Jantoven, aspirin, and Plavix.

On the day of your procedure, ultrasound will be used to identify your abnormal vein. Your leg will be prepped and draped in a sterile fashion. Ultrasound will be used to identify the abnormal vein. Using local anesthetic, a catheter will be placed in the vein. The entire length of the vein will be anesthetized with a combination of medicines that will also help to reduce bruising. After the vein is “heat treated”, the catheter will be removed. The small incision will be closed with a steri-strip. Your leg will then be wrapped with a compression bandage that will stay in place for 48 hours.

After 48 hours you may remove the bandage and begin wearing your compression stockings daily for the next 4 weeks until your follow-up visit with the doctor. You will be encouraged to ambulate immediately following the procedure.

Complications of this procedure include: bleeding, infection, nerve injury, skin burns, blood clot formation (DVT-deep venous

thrombosis), and recurrence of varicose veins. All of these are rare.

You can expect some bruising though this varies in degree from patient to patient. Pain can be managed with over the counter anti-inflammatories.

Please note that discomfort or a “pulling” sensation often is worse at 4-7 days than on the day following the procedure.

We will encourage you to walk as much as possible in the first 2 weeks following your procedure. You will be asked to refrain from aerobic activity such as jogging, running/aerobics, bike riding for 2 weeks.

Specific post-op instructions will be given to you on the day of your procedure. You will be asked to come back 3-4 days after your procedure for a follow-up ultrasound. This study will evaluate the initial success of your treatment as well as check for any complications.

Follow-up with your surgeon will be scheduled for approximately 4 weeks after your procedure. At that time he will evaluate the success of the procedure and the need for any subsequent visits or treatments. Several ultrasound appointments will be made to follow your closed vein at 6 and 12 months, or as recommended by your doctor.

We feel confident that you will be very satisfied with the results of your thermal ablation. Rest assured that this is the most current technology available and a significant improvement over the older varicose vein stripping procedures. Our board certified surgeons and entire staff of Novant Health Vein Specialists are committed to providing you with the best care possible for your venous problem. If you have any questions or comments during the course of your treatment, please let us know.