



These instructions are to prepare you for the endovenous thermal ablation procedures used to treat incompetent saphenous and varicose veins. The saphenous and/or other superficial/perforator veins frequently do not function properly in patients with chronic leg pain/swelling and those with varicose veins. These malfunctioning veins can be percutaneously destroyed or ablated with thermal energy without stripping the veins from the legs. Ablation of diseased veins routinely results in immediate improvement of venous circulation in the leg, disappearance of the varicose veins and relief of leg discomfort/swelling associated with venous hypertension.

The following instructions are to help you prepare for your procedure and speed your recovery:

- Please drink plenty of water the evening before the procedure so that you will be well-hydrated for the procedure. *Do not eat or drink anything 8 hours prior to your procedure.*
- Shave your legs (men generally use a clipper, not a razor) the night before your procedure. On the morning of your procedure, shower and wash your legs thoroughly using hibiclens or antibacterial soap.
- Take your usual medications on the morning of your procedure with a small sip of water (unless Dr. Gardner or Robin has asked you to temporarily stop some of your medications)
- Unlike with most procedures, blood-thinning medications are typically best continued during these minimally-invasive procedures. If you are on blood-thinning medications and have any questions about them, please ask Dr. Gardner or Robin.
- Please bring a **complete** list of medications with you on the day of your procedure. It is especially important to notify Dr. Gardner's staff about any allergies or recent changes in your medications.
- Please bring shorts or loose-fitting clothing and slip-on shoes or house slippers to The Vein Institute. After the procedure we will apply compression dressings and regular shoes and pants will not fit over the post-op dressings.
- Please bring all stockings with you. If you have received a blanket and bag from us, please bring those to all appointments.
- You may be sedated during the procedure and should not drive home or stay alone the day and night of the procedure. Please try and find a responsible adult to drive you to and from The Vein Institute and stay with you the day and night of the procedure.
- Your venous ablation will be performed in one of The Vein Institute procedure rooms. You will have monitors attached to record your blood pressure, pulse rate and oxygen levels. You will likely be given intravenous conscious sedation. You may have trouble remembering the procedure, **but will not be completely asleep.**
- Endovenous Thermal ablation is performed using dilute (tumescant) local anesthesia along the course of the diseased vein. As with any procedure, there will be minor discomfort associated with the placement of the anesthetic and also with the use of the ablation fiber/catheter, which is why most patients prefer to have mild sedation during the procedure.
- A surgical incision is generally not required. Only small punctures are made to both place the ablation fiber/catheter and to remove the bulging ropy varicose veins. Sometimes a small incision is made at groin level to expose and ligate a large saphenous vein before positioning the ablation fiber/catheter.
- In order to remove the unsightly and painful varicose veins or other visible veins in the leg, many endovenous ablation procedures are accompanied by other procedures such as micro-phlebectomy, sclerotherapy or both.
- Ultrasound is necessary during the procedure to access the diseased vein, to insert the ablation fiber/catheter, to place the local anesthetic around the vein and to position the ablation fiber/catheter perfectly within the diseased vein.
- The ablation fiber/catheter is inserted inside the diseased vein and positioned to begin the ablation. Energy is delivered to the fiber/catheter which is slowly withdrawn through the vein. The heat gently destroys the lining of the vein.
- The small wounds are closed with steri-strips. Sterile compression dressings are applied.
- The procedure usually takes about an hour, depending on the severity of your disease and the amount of work required. You will, however, be at The Vein Institute up to an hour or more before and after the procedure to evaluate and monitor your condition.