



Radiofrequency/ClariVein Catheter Ablation

Pre-Procedure:

1. Eat a light meal prior to coming for the procedure.
2. Take all prescription medications as prescribed by your physician. This includes medications for anticoagulation: Coumadin or Plavix.
3. Make sure that you are well hydrated.
4. It is helpful to take two Extra Strength Acetaminophen **or** 600mg (3-200mg tablets) Ibuprofen tablets prior to closure procedure.
5. Wear loose fitting pants and shoes.
6. **DO NOT** drink caffeine prior to procedure.

Post-procedure care:

1. You will need to keep the compression dressing on for a period of 24 hours. You may remove the dressing in the morning following the procedure. Then a compression stocking will need to be worn for 7 days after the procedure during the day.
2. Elevate your feet above your heart whenever you are sitting for extended periods of time.
3. Daily mild exercise, such as walking, is advised. Avoid exercise that creates core pressure in the abdomen, such as sit-ups, lifting weight over 10lbs, walking up steep inclines or running, for at least 4 days after closure.
4. Avoid prolonged standing or sitting. Plan to stretch your legs for several minutes at least once every hour.
5. Avoid hot baths or tub baths for 72 hours after the procedure. Warm showers are fine.
6. Do not apply lotions or creams to legs after procedure for at least 2 days. Do not shave your legs for 3-5 days.
7. Avoid touching closure sites with unwashed hands. It is not necessary to apply antibiotic creams or ointments to sites to prevent infection after procedure unless directed by the doctor.

What can be expected after closure?

After closure is performed, the leg that was treated will be cleaned and wrapped with an absorbent compression dressing.

The patient will then wear the compression dressing for a total of 24 hours. After 24 hours the dressing is to be removed. The patient should shower (no tub baths) and then put the compression stocking on. The stocking should be worn during the daytime for the next 7 days.

After the procedure is performed, some patients have mentioned that they feel as though their leg is bruised. Some patients state that they have a "numb area" located below their calf, down to the ankle. This numb sensation is related to the saphenous nerve that is located in this area.

The sensations reported include numbness, achiness, tingling and/or a “zap” sensation. These sensations are all considered normal.

Most people will not experience this nerve related sensation. A very small portion of the population will experience a permanent loss of sensation at the site of the “numb area.” Most patients that experience this “numb area” will regain complete sensation over a period of time. The return of sensation may take weeks and sometimes months to regain complete sensation.

Should this nerve sensation become uncomfortable, the patient can take 600mg of Ibuprofen every 6 hours with food or two Extra Strength Acetaminophen every 4-6 hours as needed. Applying warm compresses to this area is also recommended.

What will the patient’s leg look like after closure?

All patients can expect that his or her leg will appear to be swollen or puffy along the area where the vein was closed. The swelling is caused by the fluid that is injected into the leg to protect surrounding tissues. This fluid will either leak out into the dressing or will be absorbed by the body. The numb sensation along this area will likely wear off in approximately 6 hours.

After the procedure, it is not uncommon for there to be some bruising. There may be some tenderness at the injection sites. Some patients have also experienced a reaction to closure called “staining.” Staining is completely harmless. The “stained” appearance usually resembles a bruise or a tea colored stain along the closed vein. This staining will fade over time, as the closed vein is absorbed by the body.

What should a patient report to the doctor?

A patient should call and ask any questions or express any concerns that he/she might have after closure. However, there are certain symptoms or potential problems that should absolutely be reported. If a patient notices any of the following symptoms:

- Angry redness that radiates out from an injection site.
- Significant swelling with heat to an injection site or along the leg.
- Increased pain or pain that is not improving with consistent use of Ibuprofen or Acetaminophen for a period of 24 hours.
- Bleeding that is uncontrolled after applying direct pressure to the site for a least 2 minutes and elevating the leg above the heart.

What should a patient do if there is a serious problem after normal office hours?

As always, in case of a life threatening emergency call 911 or go the emergency room.

If the patient encounters an urgent problem outside of regular business hours, the patient should call St Mary’s Hospital at 706-389-3000 and ask to speak to the physician on call for Dr. Chris Malone. The chance of having a blood clot in the deep veins is very low (1/1000). Additionally, it would be rare for a person to have difficulty in controlling bleeding after closure.

The closure procedure is minimally invasive and requires only an approximate 2mm incision at the IV site. Holding firm pressure at the site is usually very helpful in stopping bleeding.

By signing below, I acknowledge that I have read the instruction form in its entirety. My healthcare provider has adequately informed of all the instructions. All questions have been answered to my satisfaction.

Patient Printed Name: _____

Date of birth: _____

Patient Signature: _____

Date: _____

Witness Signature: _____

Date: _____