

# Frequently Asked Questions - ClosureFast

## **Q: Is swelling normal following a vein procedure?**

**A:** Some bruising, swelling and minimal discomfort may be experienced following a radiofrequency vein ablation. This is normal and over-the-counter anti-inflammatories such as Ibuprofen, Motrin/Advil, Naproxen or Aleve may be taken unless instructed otherwise by the provider.

## **Q: Can I travel after procedures?**

**A:** We recommend avoiding flying for 2 weeks following procedures. The day of the procedure we recommend avoiding laying down/sitting for long periods of time. For the next 5-7 days following the procedure we recommend not sitting for >3 hours in long car rides.

## **Q: How long will I be in compression stockings?**

**A:** Following a radiofrequency ablation procedure, compression stockings should be worn around the clock for 24 hours. Following this period, compression stockings should be worn during waking hours for 5 additional days if you are experiencing aching or discomfort. Compression stockings may be used for soreness or swelling that occurs after vein treatment.

## **Q: How long do I leave the steri strips on?**

**A:** The Steri Strips are applied at the vein access points, and can be removed at the 24-hour point

## **Q: Can I go to work after procedures?**

**A:** You may return to normal activities following the procedure. The exception is NO heavy lifting and NO swimming for 48 hours following the procedure. We encourage walking at least 30 minutes a day.

## **Q: What is ClosureFast™ targeted endovenous therapy?**

**A:** The ClosureFast™ procedure is a minimally invasive treatment option that uses radiofrequency (RF) energy to effectively treat patients suffering from varicose veins or chronic venous insufficiency (CVI). A vein specialist inserts the ClosureFast™ catheter into the diseased vein to provide consistent and uniform heat to contract the collagen in the vein walls, causing them to shrink and seal closed. Once the diseased vein is closed, blood will re-route itself to other healthy veins.

## **Q: How is the ClosureFast™ radiofrequency vein ablation procedure different from vein stripping?**

**A:** During vein stripping, incisions are made in the groin and calf, and a tool is threaded through the diseased vein to pull the vein out of the leg. With the radiofrequency vein ablation procedure, only one small incision is made at the insertion site and the vein is then treated and left in place. This minimally invasive approach reduces the likelihood of pain and bruising.

## **Q: Is the radiofrequency ablation procedure painful?**

**A:** Most patients report feeling little, if any, pain during the radiofrequency ablation procedure. Your physician will provide you a local or regional anesthetic to numb the treatment area.

## **Q: How quickly after treatment can I return to normal activities?**

**A:** Patients treated with the radiofrequency ablation (or ClosureFast™ procedure) may resume normal activities more quickly than patients who undergo surgical vein stripping or endovenous laser ablation. With the ClosureFast™ procedure, the average patient typically resumes normal activities within a few days. For a few weeks following the treatment, your physician may recommend a regular walking regimen and suggest you refrain from very strenuous activities (heavy lifting, for example) or prolonged periods of standing.

**Q: How soon after treatment will my symptoms improve?**

**A:** Most patients report a noticeable improvement in their symptoms within 1-2 weeks following the procedure. Symptoms can vary from patient to patient and improvements can be seen as far out as 12 months.

**Q: Is there any scarring, bruising or swelling after the radiofrequency ablation vein procedure?**

**A:** Patient's report mild bruising and/or swelling following the radiofrequency ablation vein procedure using the ClosureFast catheter.

**Q: What should I expect from a consultation at Athens Vein and Thoracic Specialist?**

**A:** The vein consultation usually takes about two hours and includes a Diagnostic ultrasound of both legs performed by an experienced vein technologist. Athens Vein and Thoracic Specialist we perform the ultrasound at the time of the consultation in order to understand your anatomy and on your second visit your physician will discuss the consultation results and develop a treatment plan for you

**Q: Is radiofrequency ablation suitable for everyone?**

**A:** Only a vein specialist can tell you if a specific vein treatment is the right option for your vein problem. Experience has shown that many patients with Varicose Veins or Chronic Venous Insufficiency can be treated with minimally invasive treatments such as radiofrequency ablation or ClosureFast™.

**Q: How effective is the ClosureFast™ radio frequency ablation procedure?**

**A:** The ClosureFast™ procedure has been shown in a large international, multi-center study to be 93% effective over three years.