

## **Venefit™ (Radiofrequency Ablation - RFA) Instructions**

### **Before the treatment:**

- You may eat and drink normally
- Take a warm bath or shower and wear loose comfortable clothes
- Apply numbing cream such as Emla® Cream on the inside of your leg or legs as instructed. That will help you with the freezing during the procedure. However the initial response to the cream is very personal and results may vary
- If you take medication routinely, please take it on the day of your procedure unless you are directed otherwise
- Bring a 20-30 mm Hg thigh high medical compression stocking (you have to be measured for stockings and ordered, please plan ahead at least 4 days prior)
- Have someone driving yourself to and from the clinic.
- You will be required to sign an informed consent just prior to the procedure.

### **During the treatment:**

An ultrasound scan will be done on your leg to identify the veins to be treated. An injection will freeze the skin and a small special intravenous catheter will be inserted on your leg. Through that, a small flexible treatment catheter (fiber) will be passed into the vein. The position of the catheter will then be checked again by ultrasound.

Once the treatment catheter is advanced into position at the top of the vein being treated, the freezing (Tumescent Anesthesia) will be injected along the vein guided by the ultrasound. The freezing will travel a few inches along the vein. This minimizes the number of needles needed to freeze the entire

vein. The sensation can be uncomfortable but normally bearable. Most patients describe it as cold pressure under the skin, somewhat similar to what you may have experienced at the dentist when freezing your gum.

Once the catheter is activated, the fiber heats up the inside of the vein, which will cause a scar that seals the vein. During the treatment, you will hear some beep from the generator indicating that the treatment is happening (20 seconds treatment cycle). The catheter is withdrawn in stages and this last step is repeated to close the vein using ultrasound imaging to monitor progress. You should not feel anything during the treatment. Once the vein is sealed, the blood is re-routed to healthy veins nearby. At the end, after removing everything, a small paper tape is used to cover the small opening made by the intravenous.

Sometimes in order to improve the results of your treatment the surgeon will also inject some of your veins with a foam solution (Foam Sclerotherapy) designed to obliterate veins that cannot be treated with the Glue. These injections can leave a brownish discolouration in place of the vein, but this almost always disappears within 12 months. Alternatively the more prominent veins may be removed under local anaesthetic, through small incisions in the skin (phlebectomies) after the initial procedure. Your surgeon will discuss this treatment with you at the time of your treatment if it was not yet discussed during the pre-operative visit.

At the end of the procedure, stockings are immediately placed followed by some bandages.

### **After the Treatment:**

- Walk around for a few minutes before going home.

- You should have someone to take you home, and if you are travelling for more than an hour from the clinic you should sit on the back seat with your leg(s) up. Stop every hour and walk around for 5- 10 minutes.
- Most patients do not require anything for pain or if they do nothing stronger than Acetaminophen (Tylenol®) or Ibuprofen (Advil®).
- Wear the stockings and compressions bandages for the first 2 days and nights continuously
- After the 2nd day, continue wearing your stockings for at least 8 more days during the daytime taking them off to sleep or for bathing
- If there is no major contraindication, start taken Naproxen as prescribed on the same day of the procedure. It helps to reduce the inflammation (discolouration/ pain) that naturally occurs after the procedure.
- Use Voltaren® Gel prescribed starting the second day after the procedure, apply over the veins twice a day. It helps to reduce pain /discolouration and the inflammation which naturally occurs.
- You may have some bruising or tenderness along the line of the treated veins that can last for a few weeks, and there can be inflammation (phlebitis) in some branches of the treated vein. This can leave a hard tender lump that may take a few months to settle, and on occasion there can be brown discolouration of the skin that takes some time to disappear.
- Normal activity, including work, can be resumed as soon as you like, although contact sports, heavy exercise and swimming should be avoided for 2 weeks.
- Walk on the day of your procedure for a minimum of 30 minutes at least twice daily, and then continue walking 45 minutes to an hour every day. That will reduce the chances of complications such as blood clots.
- You should receive, as par of your Procedure Package, information about your next scan, which will check for blood clots and assess your results along with the date of your next appointment in the clinic after 4- 6 weeks.
- Avoid hot baths, Jacuzzis or hot tubs for 2 weeks after sclerotherapy.

- Avoid the sun or tanning beds for 2 week after treatment. For the first 2 months you should use sunblock in the area treated, since permanent discoloration may occur
- Avoid prolonged standing and lifting over 20 lb for the first week
- There may be a few visible varicose veins left after treatment, but these rarely cause symptoms and become less prominent with time. Otherwise, additional treatment for these residual veins can be discussed in your visit after the procedure
- We do not advise patients to undertake long haul air travel within 4 weeks of the procedure due to small risk of blood clots. Short flights may be acceptable, but if you have any doubts please contact your consultants secretary before attending for treatment.
- Please notify the office if you have any unexpected visit to the emergency department, walk-in clinic or to your family physician over the next 10 after your procedure,
- Any questions or concerns please contact the office for further assistance:

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