

## Pre-Procedure Radiofrequency Vein Ablation Instruction and Education

**Date of Procedure:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

Your doctor recommends radiofrequency vein ablation as the next step in your care plan. Radiofrequency vein ablation (RFA) is a minimally invasive treatment that uses heat to close off malfunctioning veins—most commonly varicose veins in the legs. A tiny catheter is guided into the vein using ultrasound, and radiofrequency energy is applied to seal the vein shut. Over time, the body reabsorbs it, and blood flow is naturally redirected to healthier veins

### **Purpose of the Procedure:**

- It treats varicose veins and chronic venous insufficiency, which often cause leg pain or swelling, feelings of heaviness, aching, itching, and sometimes skin changes like sores.
- The goal is to alleviate symptoms, prevent future vein-related complications, and improve both leg appearance and comfort.

### **What to expect:**

- Local anesthetic at the insertion site
- Medication will be given to help with pain and relaxation.
- Monitoring in the recovery area for an hour after the procedure.
- You will need to purchase 20-30 mmHG compression socks prior to your procedure. You can find these at any store with medical supplies.

### **Before the Procedure**

A nurse from Orion Heart and Vascular Surgical Center will call you before your procedure to review your medical history and answer any questions you may have. If you have had this procedure before and experienced any complications, please inform the nurse.

### **Bathing and Skin Preparation**

- Shower the night before and the morning of the procedure using antibacterial soap.
- Do not apply lotions, powders, oils, or perfumes.
- Do not shave the area where razors create small cuts that can be a source of infection. Staff will prep the area on the day of the procedure.

### **Clothing and Personal Items**

- Wear loose, comfortable clothing on the day of your procedure.
- Do not wear jewelry, makeup, or nail polish. Leave valuables at home.
- Bring your photo ID, insurance card, and any necessary referral forms

### **Transportation:**

- You must have a responsible adult to drive you home. You cannot drive, take a taxi, or ride a rideshare alone after the procedure.
- **IF** you choose to **OMIT** pre-procedure medication, you will be able to drive home

### **Fasting:**

- No fasting is necessary for this procedure.

### **Medications:**

- Continue taking your medications unless instructed otherwise by your physician.
- Bring a current medication list with dosages to your appointment.

### **Day of the Procedure.**

- In the Preop Area, the Orion Heart and Vascular Surgery Center nurses will have you change clothes, sign consent, review your health history, and medications.
- You may be given oral medication to help you relax.

### **During the Procedure**

- The area will be numbed with local anesthetic.
- The target vein will be accessed using ultrasound.
- A catheter will be inserted into the vein, and radiofrequency energy will be applied
- You may feel mild pressure or warmth.
- After the catheter is removed, Steri-strips may be placed over the access site. Leave them in place until they fall off (+/- days post procedure)
- Gauze and compression will be placed over the treated leg. Leave this on for 24 hours post-procedure.

### **After the Procedure**

#### **Recovery:**

- Typically, you will be monitored for 1 hour.
- The access site will be checked for bleeding.

#### **Discharge Instructions:**

- Schedule a follow-up appointment for an ultrasound within 1 week after your procedure
- Leave the dressing in place for 24 hrs. After 24 hours, remove the gauze and compression and use compression stockings for 13 days. Remove stockings when showering or sleeping.
- Walking is encouraged. Walk daily as usual, keep in mind you may experience discomfort and bruising along the course of the treated vein.
- No heavy lifting (> 25 lbs) for 5 days post op. Wait 2-3 weeks before resuming a routine exercise program
- No swimming, hot tubs or baths for 7-10 days after the procedure.
- For pain management: You may take Ibuprofen (400-600mg) x3 per day for 5 days; if unable to take anti-inflammatory drugs due to allergy or other medical conditions, you may take Tylenol instead up to 500mg every 12 hrs.
- Bruising, soreness, tenderness, mild pain, or discomfort is expected.
- Monitor for worsening redness, warmth, or swelling
- Mild and temporary numbness or tingling near the site is common due to nerve irritation, but lasting symptoms should be reported.
- Discharge medication instructions will be provided before you leave.

#### **Call Your Doctor Immediately If You Have:**

- Severe pain, swelling, or bleeding at the site
- Fever over 100.4°F
- Numbness or tingling in the limb
- Chest pain, dizziness, or shortness of breath



## **Informational Videos**

### **Venous Radiofrequency Ablation**

A brief animation describing radiofrequency ablation: One of the commonly used treatments available to patients with vein disease.



**We genuinely look forward to your visit and appreciate the trust you're placing in us with your care. We're here for you every step of the way.**



**13009 Gulf Commerce Drive, Suite 202  
Houston, TX 77034  
713-263-5054**