



The Surgical Institute  
at True North

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# What is Radiofrequency Ablation (RFA)?

## How will the day go for me?

**Date of procedure:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

The office staff will contact you the day before your procedure to confirm your appointment. Take one valium one hour prior to your procedure. Apply lidocaine cream as instructed 4 hours prior to procedure.

**Expected length of procedure:** There will be 20 minutes of prep time. The procedure will take approximately 30 minutes.

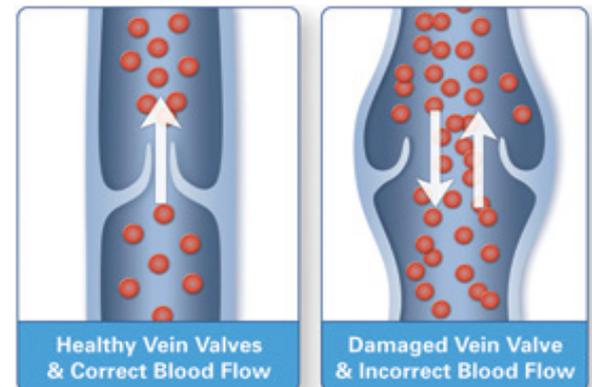
### What happens after I arrive?

- You will be greeted by our friendly staff at the front desk who will check you in
- A nurse will bring you back to the procedure room and ask you to change into a gown. At this time, family will be asked to stay in the lobby for the duration of your procedure.
- The nurse will return to the room after you've changed and will assist you to the procedure table.
- The nurse will prep your leg with an antiseptic skin prep
- Dr. Miller will enter the room and answer any questions you have.
- The procedure will begin shortly after.

### Radiofrequency Ablation

What is radiofrequency ablation and vein ligation?

- Venous insufficiency occurs when the valves in the legs are not working effectively, making it difficult for blood to return to the heart from the legs. To reach the heart, the blood needs to flow upward. To keep the blood flowing up and not falling back down into the leg, the veins contain one-way valves. These valves may become damaged, allowing the blood to leak backward. This may occur due to aging, extended periods of sitting or standing or a combination of aging and reduced mobility.



### The Procedure

- Your surgeon uses radiofrequency ablation for the treatment of venous insufficiency. The surgeon will position a catheter into the diseased vein through a small opening in the skin. The small catheter delivers heat to the vein wall, causing it to shrink and the vein to seal closed. Once the diseased vein is closed, blood will reroute itself to other healthy veins.
- Following the procedure, a bandage is placed over the insertion site. Your leg is wrapped in an ace bandage and you will be instructed to leave this in place until your repeat ultrasound which will be scheduled within 48 hours of your procedure. At that time, you will bring the compression stockings prescribed to you prior to your procedure and will wear these for the next two weeks for 23 hours per day.