



Vein Ablation Procedure

Patient Information & Preparation Guide

What is a Vein Ablation?

A **vein ablation** is a minimally invasive procedure used to treat **varicose veins** and **chronic venous insufficiency (CVI)**—conditions that occur when the valves in the leg veins become weak or damaged, causing blood to pool and lead to symptoms such as leg pain, swelling, heaviness, or visible varicose veins.

The goal of ablation is to **close off the diseased vein**, allowing blood to reroute through healthier veins and restore proper circulation.

Types of Ablations We Perform:

At our practice, we offer several advanced, image-guided ablation techniques. Each method is safe, effective, and performed in our office under local anesthesia.

1. Laser Ablation (EVLT)

Uses targeted **laser energy** inside the vein to gently heat and seal it closed.

2. Radiofrequency Ablation (RFA)

Uses **radiofrequency energy** to heat and close the vein with controlled precision.

3. VenaSeal™ Closure System

A **medical adhesive** is used to seal the diseased vein without heat or tumescent anesthesia—offering faster recovery and minimal discomfort.

4. Ultrasound-Guided Foam Sclerotherapy

A **specialized foam medication** is injected into the vein using ultrasound guidance to close and collapse the affected vein.

5. Mechanochemical Ablation (MOCA)

The combination of the **mechanical action** and the **medicine** causes the vein to close (scar shut) over time.

6. Varithena

A **foam medication** is injected into the varicose vein, causing it to close and eventually fade, with blood rerouting through healthier veins.

7. Phlebectomy

Tiny cuts are made near the surface vein, and the bulging vein segments are removed through those incisions.

Your provider will recommend the treatment best suited to your condition based on your vein anatomy and ultrasound findings.

What to Expect During the Procedure:

- The procedure is performed in-office and usually takes **30–60 minutes** per leg.
- A local anesthetic will be used to numb the treatment area.
- Using ultrasound guidance, a small catheter or needle is inserted into the targeted vein.
- The selected treatment (laser, radiofrequency, adhesive, or foam) is then delivered to close the vein.
- After the procedure, your leg will be wrapped with a compression bandage or stocking.
- You'll be able to **walk immediately after** and resume most normal activities the same day.

Preparation Instructions:

Please follow these instructions carefully to ensure a smooth and successful procedure:

No Moisturizers, Lotions, or Shaving

- Do **not** apply **moisturizers or lotions** to your legs the **day before or the day of** your procedure.
- Avoid **shaving** your legs during that same time frame.
- Clean, dry skin helps reduce irritation and improves the effectiveness of sterile dressings.

Clothing:

- Wear **comfortable, loose-fitting clothing** (such as shorts or loose pants) and **closed-toed shoes** to your appointment.
- You may be asked to wear compression stockings after your procedure.

Medications:

- **All regular medications** may be taken **as usual**, unless your provider instructs otherwise.



● Eating and Drinking:

- **No fasting is required.** You may eat and drink normally before your procedure.
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After the Procedure:

- You will be encouraged to **walk for 10–15 minutes** immediately after your treatment to promote healthy circulation.
 - Avoid prolonged sitting, standing, or vigorous exercise for 24 hours.
 - Keep your compression bandage or stocking on as instructed.
 - Minor bruising, tightness, or tenderness along the treated vein is normal and should resolve within a few days.
 - Follow-up ultrasound exams will be scheduled to confirm the treated vein has closed properly.
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If you have any questions, experience significant pain, redness, or swelling, or need to reschedule your appointment, please contact our office at 661-324-4100.