



Ablation Preparation: Venaseal and RFA Understanding Venaseal and Radiofrequency Ablation (RFA)

Note: The physician will determine whether to perform Radiofrequency Ablation (RFA) or Venaseal based on which procedure will offer the greatest benefit to the individual patient.

Venaseal Ablation

Venaseal is a minimally invasive medical procedure used to treat venous reflux disease (chronic venous insufficiency), which often causes varicose veins.

- **What it is:** Venaseal uses a proprietary medical adhesive (glue) to physically close the diseased vein segment.
- **Intended Goal:** To permanently shut down the incompetent vein, rerouting blood flow through healthier veins. This alleviates symptoms like pain, swelling, and heaviness associated with varicose veins.

Radiofrequency Ablation (RFA)

RFA, also known as endovenous thermal ablation, is another minimally invasive technique for treating varicose veins and chronic venous insufficiency.

- **What it is:** RFA uses thermal energy, delivered via a thin catheter inserted into the diseased vein, to heat and collapse the vein wall.
- **Intended Goal:** To cause irreversible damage to the vein wall, leading to its closure and eventual absorption by the body. Like Venaseal, this reroutes blood flow and reduces venous reflux symptoms.

Pre-Procedure Preparation

Adhering to the following preparation guidelines is essential for a smooth and successful ablation procedure:

- **Compression Therapy:**
 - **DO NOT** wear compression stockings or use a compression pump on the day of the procedure.
- **Stimulants:**
 - Refrain from drinking caffeine or smoking prior to the procedure.
- **Medications:**
 - If you take medication intended for restless leg syndrome, **DO NOT** take it the morning of the procedure. Please discuss all other medications with your physician prior to the appointment.

Post-Procedure Care

Successful treatment hinges on proper post-procedure care:

- **Compression is Key:** Following the procedure, it is important that the patient immediately begins or continues with compression stockings, or uses their compression pump if they have one.
- **Rationale:** Compression is key to successful treatment and closure of the treated veins by helping to minimize swelling and ensuring the treated vein remains collapsed.