

Endovenous Thermal Ablation

The VNUS Closure® procedure is a minimally invasive alternative to traditional vein stripping for patients with superficial venous reflux, an underlying cause of varicose veins.

The VNUS Closure procedure uses a small catheter to seal the vein shut through a small incision. Once a defective saphenous vein is sealed shut or "occluded," blood flow immediately diverts to healthy veins. The patient can usually return to normal activities within a day.

Procedure: Before & During

- **DO NOT** eat or drink anything four (4) hours prior to the procedure
- Drink plenty of water the evening before the procedure
- Please make sure to secure a "designated" driver to chauffeur you to and from the procedure. You will be under sedation and it is not recommended that you come drive yourself to the procedure.

Medications

- Please make sure that you have filled your valium prescription (quantity of 1) and bring it with you to your procedure appointment. You will take it when you get to our facility.
- Unless otherwise instructed by your doctor, please take all of your regular medications (Coumadin included) as prescribed.

Clothing

- Please wear shorts, or loose-fitting clothing, to your appointment. Your leg will be wrapped and it may be difficult to put any tight-fitting clothing on after the procedure. It will also be beneficial to wear slip-on shoes or house slippers as your foot will be wrapped as well.
- The temperature in the facility will vary so please dress in layers.

During the Procedure: What to Expect

- Endovenous thermal ablation is performed using local anesthesia along the course of the diseased vein. There may be some discomfort associated with the placement of the anesthetic, and also with the use of the ablation fiber/catheter. This discomfort is generally mild.
- A small incision is made, either below or above your knee, so that the ablation fiber/catheter can be inserted into the diseased vein and positioned to begin the ablation. Energy is delivered to the fiber/catheter, which is slowly withdrawn through the vein. The heat gently destroys the lining of the vein. There is no pulling, stripping, or avulsion of the branches.
- The small incision will be closed with steri-strips. Sterile dressings are applied, and your leg is wrapped.
- The procedure usually takes about an hour, depending on the severity of your disease and the amount of work required to.

After the Procedure & After

- Please leave your bandage until your 72 hour follow-up ultrasound appointment. The bandage will help with any swelling that may occur. If the bandage becomes loose, falls off, or is too tight, please feel free to remove it and replace it with your compression stocking immediately.
- You may walk around the house and/or outdoors after the procedure. **Please avoid sitting with your feet down or standing still for prolonged periods of time (usually no more than 30 minutes).** Walking speeds the recovery process; keeps your leg from becoming "stiff"; and reduces the potential of developing blood clots.
- When the stocking is removed after your post-procedure ultrasound, you may shower (no tub-baths) to wash off any stains. Please do not scrub the incision site, rather, rub the leg lightly with your finger tips.
- It is possible that you may experience some tenderness or soreness in your leg.
- If you have any questions or concerns, please do not hesitate to call us at the Brazos Vein Institute.

BRAZOS VEINinstitute

CENTRAL TEXAS HEART CENTER

Driving Directions from Highway 6

- Take Briarcrest Dr. to E. Villa Maria Rd
- Turn right onto E. Villa Maria Rd
- Take the 2nd right onto Osler
- 2605 Osler Blvd will be on your immediate (at the corner of E. Villa Maria Rd and Osler Blvd)

