



Southern Arizona Laser & Vein Institute

6422 East Speedway Boulevard - Suite 150 - Tucson, Arizona 85710
Phone: (520) 318-3004 Fax: (520) 318-3061 www.SALVI-Tucson.com

RADIOFREQUENCY ABLATION TREATMENT

At Southern Arizona Laser & Vein Institute, we eliminate your venous disease, stop the pain and discomfort associated with your varicose veins and improve the appearance of your legs.

What are varicose veins?

Varicose veins are diseased blood vessels that have become permanently dilated (enlarged), and can no longer efficiently carry blood back to the heart. The underlying cause is frequently venous reflux, which is detected by an ultrasound examination. This condition most often occurs in the saphenous veins, which are generally not visible on the skin surface but **must** be treated for optimal health.

What causes varicose veins?

While causes for developing varicose veins are not completely understood, many contributing factors have been identified as risks for developing varicose veins. Some of these risk factors include:

- **Occupation:** Prolonged standing or sitting increases blood pressure on the valves within your veins that can weaken them, making your veins more susceptible to becoming varicose.
- **Gender:** Women are four times more likely to develop varicose veins than men. Increases in weight, progesterone levels, blood volume and pelvic vein pressure contribute to 70% of women developing various venous problems during pregnancy. In fact, 20% of all pregnant women will develop full-blown varicose veins due to hormonal changes and baby's increasing weight putting increased stress on your legs. Hormonal changes in female patients during puberty, pregnancy and menopause or as the result of hormone replacement therapy and/or birth control pills have been shown to contribute to the development of varicose veins.
- **Heredity:** Varicose veins often run in the family. Defective vein walls and/or valves are the greatest contributing factors to developing varicose veins in nearly 70% of patients. A review of your family history will determine if you are at greater risk to develop varicose veins.
- **Obesity:** Increased pressure due to excess weight can contribute to the weakening of vein valves.
- **Age:** The frequency and severity of varicose veins increase with age. Tissue fibers deteriorate as we age, which leads to the appearance of wrinkles, dilated and tortuous blood vessels and varicose veins.

Can varicose veins affect my health?

Most definitely! Left untreated, varicose veins can cause pain, swelling, inflammation (phlebitis), skin ulcers, and blood clots. Protect your circulation – don't delay treatment.

Is RadioFrequency Ablation the best solution for varicose veins?

RadioFrequency Ablation (RFA) therapy has been used with great success in treating venous disease. RFA is a quick, minimally invasive procedure that leaves little to no scarring. With a short and relatively painless recovery period, RFA is performed under local anesthesia in our office. Most patients return to normal activity immediately following their appointment. Most treatments are completed in less than an hour.

RFA is an effective method of treating venous reflux disease in carefully selected patients and has been proven to be extremely successful. The benefits of RFA over traditional surgical vein stripping are numerous:

- Performed under local anesthetic
- Return to normal activities immediately following the procedure
- Quick and simple procedure requiring less than an hour to complete
- Minimally invasive with little to no scarring
- Relatively painless procedure
- Minimal post-operative discomfort

What should I expect during treatment?

RFA is quick and a minimally invasive procedure. The treatment itself will take less than an hour, which includes a physical exam and ultrasound vein mapping.

The affected area is locally anesthetized and a small incision is made. A narrow tube that carries the RadioFrequency Ablation catheter is inserted into the diseased vein. The catheter delivers thermal energy in short pulses causing the vein to collapse and close, preventing blood flow. Once the diseased vein is closed off blood is diverted to other healthy veins.

In the months after the procedure, the body will naturally absorb the vein remnant, leaving virtually no sign of the vein in the treated area.

How many treatments are needed?

RFA most often eliminates the major treated vein in one treatment. In some cases, additional or complementary therapies may be necessary to provide you with optimal cosmetic results. Dr. Probstfeld will discuss any additional therapies recommended before your procedure.

Are there any pre-operative instructions I should know about in advance?

Yes, please refer to Page 4 for PRE-operative instructions for all of our Vein Treatments.

What can I expect following treatment?

After your treatment is completed, Dr. Probstfeld will ask you to wear compression stockings for a period of three (3) weeks. You may and should walk immediately after the procedure. With the exception of vigorous activity or workouts, you are free to resume to your normal daily activity.

In the week to 10 days after your procedure, you may experience some bruising and soreness. Symptoms are usually relieved with an over-the-counter non-aspirin oral pain reliever.

As with any medical procedure, certain risks are involved in RFA. At the time of your initial consultation, Dr. Probstfeld will explain any risk factors that may apply to you and your individual medical case.

Are there any post-operative instructions I should know about in advance?

Yes, please refer to Page 5 for POST-operative instructions that will be provided to you at the time of your treatment.

Is the treatment painful?

Our skill and experience make the treatments virtually pain-free. We use FDA approved medications. Side effects are possible with any procedure and medication, but compared to traditional surgery for veins, serious side effects are very rare.

During the procedure, the treatment area is locally anesthetized to eliminate any discomfort you may experience. After the procedure any pain should be relieved with an over-the-counter non-aspirin oral pain reliever.

Is RadioFrequency Ablation Treatment covered by insurance?

Most insurance companies cover costs associated with vein treatments if they're deemed to be medically necessary. At the time of your initial consultation, our staff will discuss the prescribed treatment, associated costs and payment arrangements, including your insurance coverage. Prior to your appointment, check your policy and/or call your insurance provider to find out what your coverage includes. For your convenience, SALVI accepts most major credit cards.



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PRE - OPERATIVE INSTRUCTIONS FOR VEIN TREATMENT

Southern Arizona Laser & Vein Institute (SALVI) wants to ensure you have all your questions answered before proceeding with your treatment. Feel free to contact our office in advance of your treatment if you have any additional questions.

Pre-Treatment Instructions:

- You may have a small meal before treatment.
- Avoid drinking coffee several hours before treatment.
- Do not wear any lotion or cream on your leg the day of treatment.
- Try to avoid sun exposure, tanning booths and artificial tanning for seven (7) days prior to treatment. This will improve your cosmetic results.
- Wear loose, comfortable clothing the day of your treatment so that they are easily put back on after treatments. Jeans or other clothes that bind your legs or are difficult to take on and off should be avoided.
- It is recommended that patients wear flat flip-flops, sandals or shoes that can be easily slipped on after treatment. Tennis shoes, heels, and boots are not recommended.
- Please arrange for transportation if you will be receiving a sedative at the time of treatment (particularly RFA and Microphlebectomy)
- Eating fresh pineapple the day before and the day of your treatment may reduce bruising.
- Bring a list of your current medications/supplements.
- Make sure all of your questions are answered or bring a list of questions to review with the doctor before your treatment.
- You are financially responsible for the cost of treatment. Although we attempt to ensure payment coverage by your insurance carrier and bill for services, as a courtesy, you will be accountable for any denials, coinsurance and deductibles allocated by your insurance carrier.
- Please have your compression stockings with you when you arrive for your treatment. For your convenience, compression stockings are available for purchase at our office in advance of your treatment.

Do you have more questions? Please call us at **(520) 318-3004** so we can answer any questions or concerns you have prior to your treatment.



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POST - TREATMENT INSTRUCTIONS FOR RADIOFREQUENCY ABLATION

We want to answer **all** your questions before you receive treatment from us. Please contact our office if you have **any** additional questions.

Post-Treatment Instructions:

- You may experience pain and inflammation. If you are not allergic or sensitive to the following medications, we recommend you take Advil, Motrin or Ibuprofen 600 mg 3x a day with food for your pain and inflammation. Discontinue taking these medications after Day 3.
- We rarely prescribe narcotic analgesics following this procedure.
- You may feel a “tight” or pulling sensation or firm “cord” in your leg for several weeks. Massaging your legs will help. This sensation will go away with time.
- Avoid prolonged standing or sitting. Elevate your legs as much as possible for the first three (3) days after your treatment.
- You can resume normal activity after three (3) days, but don’t engage in heavy exercise until ten (10) days after your treatment.
- Remove your post-treatment wrap after 48 hours, but leave the steristrip tape in place. You may then shower.
- Wear compression stockings for three (3) weeks, removing them at bedtime. For your convenience, compression stockings are available for purchase at SALVI prior to your treatment.
- If you will be given a sedative during your treatment, you need to arrange for transportation home after your treatment.
- If you have any other questions or concerns after your treatment, contact us immediately.
- In the event of a life-threatening emergency, contact 911.

Do you have more questions? Please give us a call at **(520) 318-3004** so we can answer any questions or concerns you have after your treatment.