

# Endovenous Closure Procedure

## General Information

Endovenous closure is a procedure to treat venous insufficiency.

Healthy veins have valves that open and close to help carry blood back to your heart. When the valves in your leg veins are damaged, blood begins to pool in your lower legs.

As a result, your veins have trouble carrying blood from your legs back to your heart. In time, this causes venous insufficiency. You may have pain, swelling, varicose veins in your legs, or all.

Varicose veins are enlarged veins that can be dark purple or blue. They look twisted and are raised above the surface of the skin (bulging). Some of the veins can also be bluish-green and look marbled.

Varicose veins are often found on the inside of the leg or on the back of the calves.

## Food and Liquid Directions Before Surgery

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

### Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

### Solid foods: 8 hours

- Eat up to 8 hours before your scheduled arrival time.
  - Eat light meals such as oatmeal or toast.
  - Do not eat foods that are heavy or high in fat such as meat or fried foods.

### Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
  - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
  - Do not have milk, yogurt, energy drinks or alcohol.

**(over)**

## Medicines

- Take your medicines as directed with a small sip of water.
  - Talk with your cardiologist if you have diabetes or if you take warfarin (Jantoven®).

## Before the Procedure

- Arrange to have someone drive you home after the procedure. You will have a medicine that will make you sleepy and you will not be able to drive. **If you do not have someone to drive you home, your procedure will be canceled.**
- Wear loose-fitting, comfortable clothing.
- You will need to sign a consent form.

## During the Procedure

- You will be given a medicine to help you relax. The medicine will not put you to sleep.
- You will lie on an exam table.
- You will be given a local anesthetic (medicine) to numb the area.

- A catheter (thin, flexible tube) is inserted into the damaged vein.
- Heat energy (either radiofrequency or laser) passes through the catheter to the vein wall.
- The heat will cause the vein to close. When the damaged vein is closed, the healthy veins will empty the blood from your legs.
- You may feel some pain during the procedure.

## After the Procedure

- The catheter will be removed and a dressing (tape and gauze bandage) will be placed on the treatment area.
- You may feel mild pain or tightness in your inner thigh. You will be given a prescription for a mild pain medicine. Take it as directed.
- You will need to elevate (raise) your treated leg after your procedure for the rest of the day. Put your leg on pillows until your foot is at a level higher your heart. You will need to be in this position so the swelling stays down and your wounds can heal.
- It is important to get up each hour and walk around for a few minutes.