

RADIO FREQUENCY ABLATIONS—RFA

INFORMATION

Radiofrequency Ablation (RFA) therapy – is a form of ablation technology that destroys the incompetent vein segment which the body eventually absorbs. It generates high temperature inside the treated vein and subsequently changes the structure of the vein wall causing that vein to collapse. This technique requires a small catheter to be inserted into the vein using ultrasound guidance. The tissue surrounding the vein segment planned to be addressed is infiltrated with diluted local anaesthetic (tumescent anaesthesia) preventing local thermal injury and pain. Thermal energy (120 degrees of Celsius) is applied directly to the vein wall. At the completion of the RF Ablation patient applies graduated compression stockings which are worn for two (2) weeks during the day only.

RFA has the advantage of providing patients with rapid postprocedural recovery with speedy return to normal activities (usually within 3-5 days). This method is also associated with a significantly lesser degree of postprocedural pain, bruising and swelling. Access site is hardly visible therefore cosmetic appearance after procedure is extremely pleasing.

**RFA is performed in the rooms under local anaesthetic only.
No admission to hospital is required.**

If you are pregnant, it is recommended that you wait until after delivery to have RFA.

Temporary Side effects:

- Pain or discomfort around the area treated
- Numbness of skin covering the area treated.
- Minor pain, bruising

Less common side effects that may require treatment:

- Infection, requiring antibiotics and further treatment
- Excessive bleeding at the puncture site.
- An allergy to injected drugs, requiring further treatment

Advantages

- No admission to hospital necessary, procedure is performed in the rooms
- Rapid post procedure recovery
- Speedy return to work and normal activities
- Wound site hardly visible, cosmetic appearance is extremely pleasing