

# RADIOFREQUENCY TREATMENT FOR VEINS INFORMATION





**Dr Pierre Larose, M.D., FRCSC**  
Vascular surgeon

**Dr. Pierre Larose  
has more than  
twenty-five years of  
surgical experience.**

Upon obtaining his medical degree at Université de Montréal in 1988, he undertook a first specialty in general surgery, and then a second in vascular surgery.

In 1995, he joined the surgery department at the Cité-de-la-Santé Hospital in Laval, where he practiced for five years and contributed to the development of vascular surgery.

It is at the Charles-LeMoynes Hospital in Greenfield Park that Dr. Larose devoted himself entirely to vascular surgery. There, he set up a vascular physiology laboratory which he managed until 2023. After having held the position of head of the vascular and thoracic surgery services, he was head of the department of surgery from 2007 to 2011.

In 2010, he founded the Clinique Pierre Larose, located first in Brossard and then Saint-Lambert to offer the appropriate treatments for various vascular diseases. In 2021, he opened a second clinic located in the heart of Outremont to facilitate access to patients living in the region of Montreal.

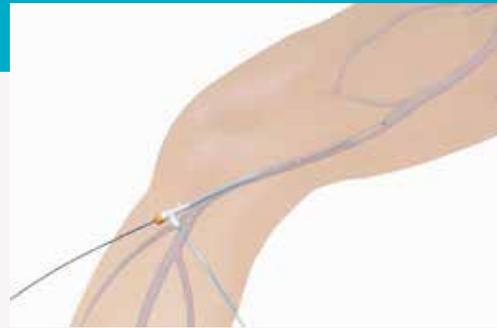
Throughout the years, Dr. Larose has become a renowned reference regarding vascular surgery and venous diseases. His outstanding team of specialists and the experience that he has acquired allow him to provide patients with advice and guidance through every step of the process.

He retired from his activities at Charles-LeMoynes Hospital in December 2022 to devote his time to the Saint-Lambert and Outremont clinics.

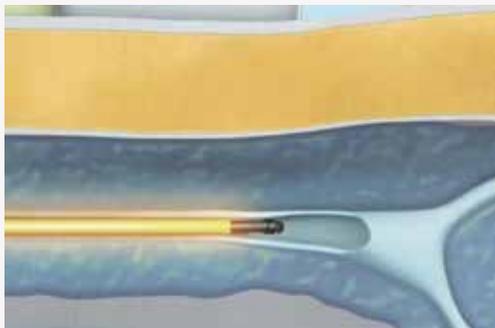
## What is radiofrequency ablation?



Local anesthesia



Thermal catheter insertion



Heating of vein



Vein closure

### Radiofrequency treatments for the saphenous vein are rapid and minimally invasive procedures.

They do not leave a scar because a thin sheath and a radiofrequency catheter are inserted through a minuscule incision made in the skin beforehand.

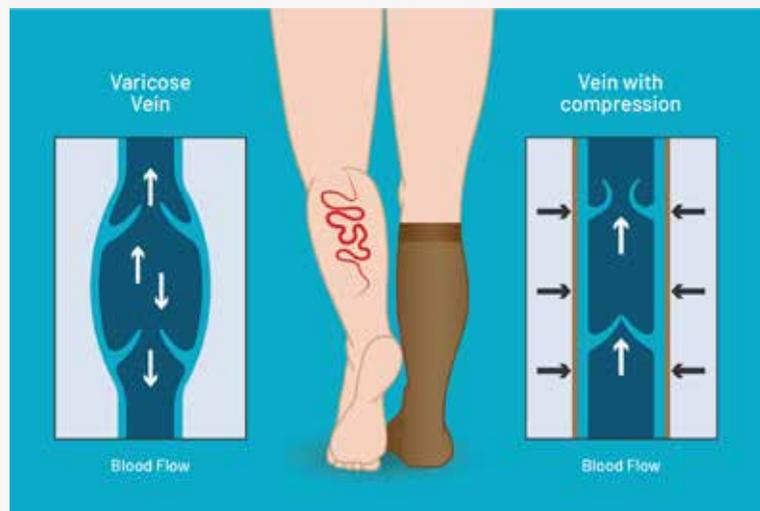
The treatment is performed under local anesthesia similar to what is used by dentists to numb the treatment area. This reduces the procedure's length to less than an hour. Most patients are able to work the next day while avoiding excessive physical activities.

Complications are rare and recent studies show superior results with radiofrequency. The costs are not covered by Quebec's health insurance (RAMQ). However, many insurance companies redeem part of the ultrasound costs.



## Compression stockings

**Do you have a prescription for thigh-high medical compression stockings?**



If you have not purchased a pair of socks, you can make an appointment with our technician to have your measurements taken. We recommend wearing them as much as possible to ease symptoms of pain, fatigue or swelling of the legs (edema).

Indeed, they relieve pressure in the superficial venous system of the leg. By exerting a stronger pressure around the ankle than on the thigh, they allow a normal venous blood return to the upper body. We recommend using gloves to facilitate putting on the stockings.



## Day of the procedure

- **Avoid consuming alcohol and caffeinated products** 12h to 24h prior to the procedure.
- You may eat and drink normally to avoid hypoglycemia and dizziness.
- Take your medication normally, unless a doctor specified otherwise.
- **Do not wear compression socks on the day** of the procedure, however bring them with you.
- Wear comfortable and loose clothing.
- You must be accompanied after your procedure. If you cannot make arrangements, you will have to sign a responsibility disclaimer.



## The procedure

- Upon your arrival at the clinic, a hospital gown, a cap, slippers and an undergarment will be provided.
- **The procedure lasts 45 to 60 minutes.**
- A picture of your leg could be taken beforehand.
- You will lie down on the procedure table.
- **An ultrasound is used throughout the intervention** to locate the vein that must undergo treatment and to confirm results and the absence of complications.
- The treated leg is brushed with a disinfectant solution and sterile drapes are placed.
- **Local anesthesia is applied at the entry site of the vein.** A tiny incision is made, then a needle is inserted into the vein under ultrasound guidance.
- **A guidewire is inserted through this needle into the vein.** You may experience an unusual feeling, but without discomfort or pain. A sheath is placed over the guidewire and its adequate position is determined by ultrasound. The radiofrequency fiber is placed inside this sheath.
- Tumescant anesthesia is applied alongside the vein throughout the procedure.
- **The radiofrequency is then activated and is slowly withdrawn from vein.** The heat emitted by the energy's purpose is to close the venous canal. A total of 2 to 5 minutes of radiofrequency is employed.
- On a case-by-case basis, tiny cutaneous incisions are performed to extirpate the largest varicose bundles (phlebectomies).
- Small bandages are placed in the incision and bridging bandages are used on phlebectomy sites.
- A compression stocking is then put on.

## Immediately after the procedure

- You will be asked to walk at a brisk pace in the hallway for 20 minutes to get your circulation going.
- If you underwent a phlebectomy, you will be asked to lie down for 15 minutes before your walk.
- You will make a follow-up appointment 2 weeks after the procedure for a Doppler ultrasound.
- If one or several compression bandages were added over your compression stockings, you may remove them after one hour.

## Post-Procedure: 7 first days

- The next day, take off your compression stockings and remove your bandage. If you underwent a phlebectomy, keep the surgical tape on for 7 days. You may take showers but avoid rubbing the incision areas.
- Put your compression stockings on and keep them on at all times, except when showering, for 3 days and 3 nights. Afterwards, wear your compression stockings only during the day for the next 2 weeks.
- We recommend walking at a normal pace (at least 20 to 30 minutes per day); walking promotes circulation, accelerates the healing process and lowers the risk of complications. Progressively resume your daily activities, except for sustained physical activities, for about one week.
- The presence of sensation of bruising, hematoma, induration, small bumps or hardened tracks in or around the treated area is normal.
- Should these manifest, apply cold compresses or ice packs for 15 to 20 minutes, 3 to 4 times per day, as needed.
- Some contraction around the vein, cramping or a feeling of "muscle stretching" is normal, especially between the third and fifth day.
- You may take anti-inflammatory medication, such as Advil, to reduce inflammation following treatment. Moreover, you may take acetaminophen (Tylenol, Atasol, etc.) should you experience additional pain (please follow the recommended dosage).
- Keep hydrated by drinking non-alcoholic beverages.

## Post-procedure: after the first week

- The varicose veins should appear much smaller at this stage. Do not be discouraged if they are still visible, as they will keep shrinking over the next 8 to 12 weeks.
- The blood that normally coursed through these defective veins is now redirected to the leg's numerous other veins.
- You may now resume all your activities.
- You may now travel by plane. Don't forget your compression stockings!
- Remember to wear your compression stockings every day for 2 weeks. Moreover, it bears mentioning that wearing them longer will help improve results.
- Avoid exposure to high heat sources, such as hot baths, spas, saunas, hot wax or laser hair removal.
- Avoid exposure to sunlight or tanning lights for the month following treatment. Otherwise, protect the skin around any scars and bruised areas using a full-protection sunscreen (FPS 60 or higher).

### Three months later

- Should you still have varicose veins that cause discomfort, schedule a sclerotherapy treatment at the clinic. This procedure will now be more effective, since the affected saphenous vein will have already been treated.

### Six months later

- We will contact you to schedule a control Doppler ultrasound session at the clinic without fees. The saphenous vein should then be completely gone.

**For any questions or concerns, contact us at one of our clinics:**

**Saint-Lambert** 450 259-1399 [cliniquepierrelarose@gmail.com](mailto:cliniquepierrelarose@gmail.com)  
**Outremont** 514 731-7757 [cliniquepierrelarose1065@gmail.com](mailto:cliniquepierrelarose1065@gmail.com)

For any other emergency, please contact the **nearest emergency center**.  
Thank you for trusting us.