

Mechanical-Chemical Ablation (ClariVein®) for Saphenous Vein Reflux

You have been offered the ClariVein® procedure for treatment of backwards flow (or “reflux”) in your saphenous vein(s). The great and small saphenous veins are the two main superficial veins of the leg. They run along the inner leg and the back of the leg, respectively.

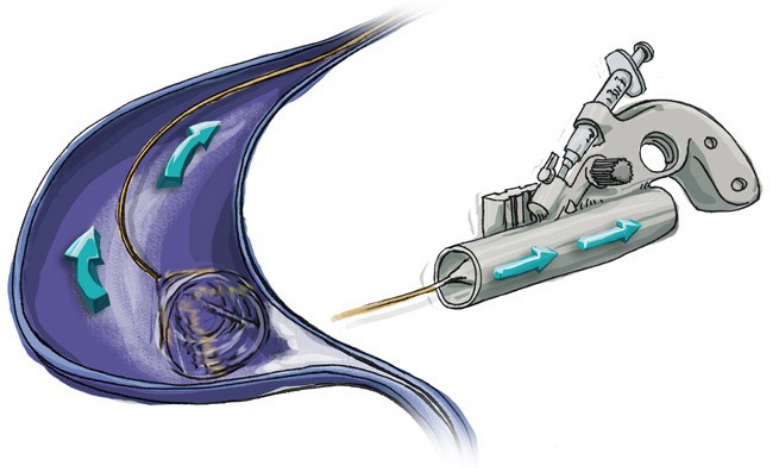
This minimally invasive procedure can be performed in the office in less than an hour and patients return to their usual level of activity the same day.

How does the treatment work?

The skin is numbed with lidocaine, then the ClariVein® catheter is placed into the unhealthy vein. The catheter closes the vein painlessly by delivering two treatments:

1. Mechanical treatment with a tiny rotating wire.
2. Chemical treatment with polidocanol. Polidocanol is a detergent-type sclerosant medication that is commonly used in varicose vein treatment.

This technique is highly effective in closing the vein and only requires one skin puncture, similar to placing an IV.



What should I expect on the day of treatment?

The procedure is performed with local anesthesia, but many patients elect to use a mild oral sedative (Valium), which is taken after checking in and completing all paperwork. You will change into a gown and leave underwear on. Depending on the vein to be treated, you will lay on your back or on your belly. We do our best to make special accommodations (for example, if you cannot lie flat or cannot bend a knee very well) with body positioning and using pillows. We will do our best to make you comfortable. Then, we will give you the option of watching a movie on Netflix or listen to music. Once you are comfortable, your leg (s) will be prepped with cleansing solution for the sterile procedure.

The doctor will perform an ultrasound to map the vein (s) to be treated. Then, a numbing agent (lidocaine) will be injected into the skin. In the numb area of the skin, a tiny puncture is made to pass the Clarivein® catheter. Once the catheter and rotating wire are in place, the doctor will start the treatment. You may feel a tickling or vibrating sensation as the she treats your vein. You should have minimal to no pain during this procedure. Once your vein has been treated, we will help you into your compression stocking, which you will wear for 72 hours continuously. You will walk for 30 minutes prior to getting in your car.

What should I do after treatment?

You should walk 30 minutes twice daily after treatment and move your legs frequently throughout the day with short walks and/or calf exercises. This will alleviate discomfort and avoid pooling of blood in the legs.

It is normal to have aching in the treated veins. This responds well to walking, ice packs, and anti-inflammatory medications such as ibuprofen (Advil®, Motrin®) and naproxen (Aleve®).

What should I avoid after treatment?

For at least two weeks after treatment, you should avoid strenuous exercise (anything more than a brisk walk), heavy lifting, saunas or hot tubs, and leg massages. All of these dilate the superficial veins and interfere with their healing.

You should also avoid airline travel for two weeks after treatment.

What are the possible adverse effects?

Expect some bruising over the puncture site, which fades over about two weeks. The skin overlying larger varicose veins may also develop some temporary inflammation and/or brownish “hyperpigmentation” as the blood products within those veins are absorbed by the body. An uncommon complication is a blood clot within a deep vein.

Videos of the treatment, as well as after care instructions can be found on our website our [YouTube channel](#).