

## VENEFIT™ PROCEDURE FREQUENTLY ASKED QUESTIONS

### Frequently Asked Questions

#### **1. What is Venefit™ targeted endovenous therapy?**

The Venefit™ procedure is a minimally invasive treatment option that uses radiofrequency (RF) energy to effectively treat patients suffering from varicose veins or chronic venous insufficiency (CVI). A vein specialist inserts the ClosureFast™ catheter into the diseased vein to provide consistent and uniform heat to contract the collagen in the vein walls, causing them to shrink and seal closed. Once the diseased vein is closed, blood will re-route itself to other healthy veins.

#### **2. How is the Venefit™ procedure different from the VNUS Closure procedure?**

The Venefit™ procedure is just a new name for the VNUS Closure procedure, providing the same clinically proven results with the same great patient recovery profile.

#### **3. How is the Venefit™ procedure different from vein stripping?**

During vein stripping, incisions are made in the groin and calf, and a tool is threaded through the diseased vein to pull the vein out of the leg. With the Venefit™ procedure, only one small incision is made at the insertion site and the vein is then treated and left in place. This minimally invasive approach reduces the likelihood of pain and bruising.<sup>1,2</sup>

#### **4. How is the Venefit™ procedure different from endovenous laser?**

Although the Venefit™ procedure and endovenous laser ablation are both minimally invasive procedures, a comparative, multi-center study showed that the Venefit™ procedure was associated with statistically significant lower rates of pain, bruising and complications. Patients undergoing the Venefit™ procedure also reported improvements in quality of life measures up to four times faster than patients treated with endovenous laser ablation (the study was conducted with a 980nm laser).<sup>3</sup>

#### **5. How long does the Venefit™ procedure take?**

The Venefit™ procedure takes approximately 45-60 minutes, although patients may normally spend 2-3 hours at the medical facility due to normal pre- and post-treatment procedures.

#### **6. Is the Venefit™ procedure painful?**

Most patients report feeling little, if any, pain during the Venefit™ procedure.<sup>3</sup> Your physician should give you a local or regional anesthetic to numb the treatment area.

#### **7. Does the Venefit™ procedure require anesthesia?**

The Venefit™ procedure is usually performed under local or regional anesthesia. It is generally performed in a vein specialist's office or an outpatient surgical facility.

#### **8. How quickly after treatment can I return to normal activities?**

Patients treated with the Venefit™ procedure may resume normal activities more quickly than patients who undergo surgical vein stripping or endovenous laser ablation. With the Venefit™ procedure, the average patient typically resumes normal activities within a few days.<sup>4</sup>

For a few weeks following the treatment, your physician may recommend a regular walking regimen and suggest you refrain from very strenuous activities (heavy lifting, for example) or prolonged periods of standing.

#### **9. How soon after treatment will my symptoms improve?**

Most patients report a noticeable improvement in their symptoms within 1-2 weeks following the procedure.<sup>3</sup>

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**10. Is there any scarring, bruising or swelling after the Venefit™ procedure?**

Patients report limited to no scarring, bruising or swelling following the Venefit™ procedure using the ClosureFast™ catheter.<sup>3</sup>

**11. What potential risks and complications are associated with the Venefit™ procedure?**

As with all medical procedures, potential risks and complications exist including vessel perforation (when the catheter punctures the vein wall), thrombosis, pulmonary embolism (when a blood clot travels to the lungs), phlebitis (inflammation of the vein), infection, nerve damage, arteriovenous fistula (an abnormal connection between an artery and a vein), hematoma (bruising), and skin burn. As with all medical procedures, consult your physician to understand the risks and benefits of the procedure.

**12. Is the Venefit™ procedure suitable for everyone?**

Only a vein specialist can tell you if the Venefit™ procedure is the right option for your vein problem. Experience has shown that many patients with varicose veins or CVI can be treated with the Venefit™ procedure.

**13. Is age an important consideration for the Venefit™ procedure?**

The most important step in determining whether or not the Venefit™ procedure is appropriate for you is a complete ultrasound examination by your vein specialist. Age alone is not a factor in determining whether or not the Venefit™ procedure is appropriate for you. The Venefit™ procedure has been used to treat both women and men across a wide range of ages.

**14. How effective is the Venefit™ procedure?**

The Venefit™ procedure has been shown in a large international, multi-center study to be 93% effective over three years.<sup>5</sup>

**15. Is the Venefit™ procedure covered by my insurance?**

Many insurance companies pay for the Venefit™ procedure in part or in full. The Venefit™ procedure has coverage policies with major health insurers. Please discuss your coverage with your insurance provider prior to seeking treatment.

**References:**

1. Lurie F, Creton D, Eklof B, Kabnick LS, Kistner RL, Pichot O, et al. Prospective randomized study of endovenous radiofrequency obliteration. (Closure procedure) versus ligation and stripping in a selected patient population (EVOLVE Study). *J Vasc Surg* 2003;38;2:207-14
2. Hinchliffe RJ, et al. A prospective randomised controlled trial of VNUS Closure versus Surgery for the treatment of recurrent long saphenous varicose veins. *Eur J Vasc Endovasc Surg* 2006 Feb;31;2:212-218
3. Almeida JI, Kaufman J, Göckeritz O, et al. Radiofrequency endovenous ClosureFast versus laser ablation for the treatment of great saphenous reflux: a multicenter, single-blinded, randomized study (RECOVERY Study). *J Vasc Interv Radiol.* 2009;20:752-759.
4. L. H. Rasmussen, M. Lawaetz, L. Bjoern, B. Vennits, A. Blemings and B. Eklof, Randomized Clinical Trial Comparing Endovenous Laser Ablation, Radiofrequency Ablation, Foam Sclerotherapy and Surgical Stripping for Great Saphenous Varicose Veins. *British Journal of Surgery Society Ltd., Wiley Online Library, www.bjs.co.uk, March 15, 2011.*
5. Proebstle T. et al. Three-year European follow-up of endovenous radiofrequency-powered segmental thermal ablation of the great saphenous vein with or without treatment of calf varicosities. *JVS*; July 2011.

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