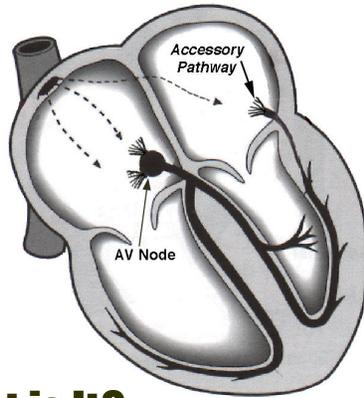


# Ablations



## What is It?

Catheter ablation is a treatment for people who desire a cure for their arrhythmia rather than take drugs. Ablation uses one of 2 different technologies:

1. Heat therapy: This uses electricity (RF) to heat the tip of the catheter and burns the spot in your heart that is responsible for your arrhythmia.
2. Cold therapy: This type of ablation uses extreme cold to “freeze” the spot responsible for your arrhythmia.

## Your ablation:

An EP study is first performed to find out what is causing your arrhythmia, if it can be treated by ablation and where the “short circuit” is located.

Upon arrival to the lab, you will be greeted by the nurses who will be looking after you. Once you get comfortable on our table, you will be attached to a blood pressure machine and heart monitor. The skin will be cleaned and you will be covered by sterile drapes. Local anesthetic (“dental freezing”) will be injected into the skin in the groin and under your collar bone. Small hollow tubes will be inserted into your veins. Through these tubes, we put small wires up to your heart and use them to try to turn on your tachycardia, take measurements and map from where it is coming. After that, a special ablation catheter is hooked up to the ablation machine that delivers the heat or cold therapy. Often, a number of burns or freezes must be given to completely destroy the problem tissue. We then wait about one half hour and then test to make sure the problem is gone. We then pull out all the wires and you are taken to a holding room to recover.

After catheter ablation, most people are truly cured but in a small percentage of people, the problem can come back and need another ablation procedure. Obviously, curing you of one problem does not prevent you from developing a new unrelated heart problem.

## Risks

As for all medical procedure, there are risks. The overall risk of a complication is only 1-3% and include:

- Collapsed Lung
- Bleeding / bruising

- Burning a hole in through the heart wall
- Damage to blood vessels
- Blood clots in vein
- Stroke
- Pacemaker

## FAQ's

Q. How long will my ablation take?  
A. On the average, 3-6 hours!

Q. Does ablation damage my heart?  
A. The size of the lesion is only millimeters. It will not affect the overall function of your heart.

Q. Which doctors would perform the ablation?  
A. Drs. Gula, Klein, Krahn, Skanes & Yee are in charge and would supervise the ablation. They work with a team of doctors, nurses and technicians to make sure the ablation is done properly and safely.

Q. May I go home after?  
A. In the vast majority of cases, yes. If we need to give you blood thinners during the procedure, you may need to stay over night.