

How do I take care of myself at home?

Insertion site care

- Take the bandage(s) off the day after the procedure.
- After you remove the bandage, you can shower.

Activity at home

- Resume taking your regular medicines unless your doctor tells you otherwise.
- Drink plenty of fluids.
- Return to your regular diet.
- For up to 3 days:
 - ✘ Do not do any heavy exercise or activity.
 - ✘ Do not lift, carry, push, or pull heavy objects.

When to get help

Contact your doctor right away if any of the following happen:

- bleeding from the incision site that does not stop after 15 minutes of putting pressure on it
- numbness, coolness, or changes in colour of the skin over the treated area or the insertion site
- fever above 38.5°C (101°F), aches, and chills

Follow-up Instructions/Appointment

Make an appointment to see the doctor who sent you for this procedure for a follow-up appointment.

Liver Cryoablation

Medical Imaging Department calls you with an appointment time for a 1 month follow-up CT Scan.

Kidney Cryoablation

Medical Imaging Department calls you with an appointment time for a 3 month follow-up CT Scan.

Your Kidney Specialist arranges for CT scans at 6 months and 12 months.

Locations

Royal Columbian Hospital 604-520-4640
Medical Imaging, Columbia Tower
330 E. Columbia Street, New Westminster

Vancouver General Hospital 604-875-4111
Interventional Radiology, Jim Pattison Pavilion Ext 68612
Station 4, Ground Floor, 855 West 12th Avenue, Vancouver

HealthLinkBC 8-1-1
Call any time you have any questions or concerns. HealthLinkBC is open 24 hours.

Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

www.fraserhealth.ca ♦ www.vch.ca

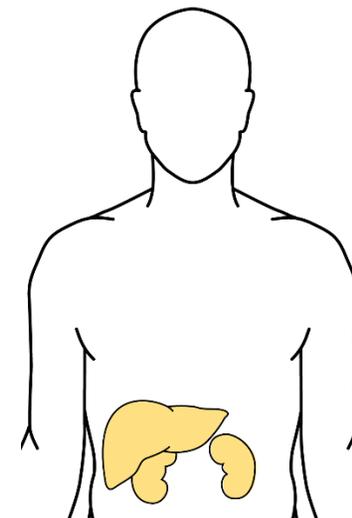
This information does not replace the advice given to you by your healthcare provider.

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Cryoablation Liver or Kidney

Medical Imaging



I am having a:

- Liver Cryoablation
- Kidney Cryoablation

What is cryoablation?

Cryoablation (say *cry-oh-ah-blay-shun*) is a way to treat growths and tumours, either benign or cancer. It uses extreme cold to kill the tissue cells.

Here we refer to treating tumours in the liver or kidneys.

Who does this procedure?

An interventional radiologist does the procedure (a doctor who specializes in image-guided procedures using x-ray, fluoroscopy, and CT scanning).

If you have any questions about the procedure, you can ask the radiologist before your procedure.

Can I bring a relative/friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for reasons of safety, they cannot be in the room with you during the procedure.

You must arrange for a responsible adult to drive or escort you home after this procedure.

What happens before the procedure?

Our Medical Imaging Department contacts you with specific instructions on how to prepare for this procedure.

What happens during the procedure?

We start an intravenous in one of your arms. This allows us to give you medicines to help you relax (sedation) or to treat any pain.

The radiologist:

- Cleans the area with antiseptic.
- Injects numbing medicine to freeze the skin (similar to dental freezing).
- Makes a small incision in the skin (the insertion site).
- Inserts a thin, wand-like needle called a cryoprobe through the insertion site.
- Directs the cryoprobe to the area of the body to be treated (several probes could be used).
- Pumps a freezing gas into the cryoprobe to freeze the tissue cells.
- Allows time for the tissue cells to thaw.
- Repeats freezing and thawing several times.

Will it hurt?

You could have feel some discomfort during the procedure. We give pain and relaxing medicines to help with this.

How long will it take?

The procedure usually takes 1 to 2 hours. It can take 4 to 6 hours before you are ready to leave. Plan to be at the hospital for up to 8 hours.

What happens after the procedure?

After the radiologist removes the cryoprobe(s), we place a small bandage over the insertion site(s).

We move you to our recovery area. How long it takes before you are ready to leave depends on what was treated and where.

Are there any risks or complication?

There is a chance of infection any time the skin is pierced or cut.

Unexpected complications can include:

- bleeding or infection at the insertion site
- damage to tissues and structures around the area treated
Examples: damage to the bile ducts when treating a liver tumour or damage to a ureter when treating a kidney tumour
- skin damage, frostbite
- nerve damage
- reactions to medicines given
- internal bleeding (rare)