

# Ablation

A catheter ablation is a treatment that uses thin, flexible tubes (catheters) to identify the location of the problem in your heart and uses radiofrequency energy to block the abnormal electrical impulses and correct your heart's rhythm.

## Helping you lead a healthy heart lifestyle



We work with a dedicated team of ablation specialists, who are here to provide you with peace of mind for a healthy heart and can advise you on how to maintain a healthy lifestyle. The first step is to book a consultation with a Consultant to discuss your condition, symptoms and medical history, before deciding on your next steps for treatment.

If you have not had an [Electrophysiology \(EP\) study](#), your Consultant may recommend this before commencing with any treatment.

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## Prices & payment

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Ablation

From £10,846 - £22,286

The above are guide prices only.

Our [terms and conditions can be found here](#).

## Consultants



Dr Shaumik Adhya

Available at  
KIMS Hospital

[View profile](#)



Dr Idris Harding

Available at  
KIMS Hospital

[View profile](#)



Dr Peter Kabunga

KIMS Hospital+1 location

[View profile](#)



Dr Laurence Nunn

Available at  
KIMS Hospital

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Dr James Rosengarten

Available at  
KIMS Hospital

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## What to expect from a cardiac catheter ablation

### What does an ablation procedure involve?

Depending on your circumstances, you will be given either a local anaesthetic, sedation or a general anaesthetic to help ease any discomfort you might feel during the procedure, as you may need to lie flat and keep still for some time.

Your Consultant will place the thin catheters into the large veins in your groin and gently move it into the correct position in your heart. Radiofrequency energy (heat) is then used to destroy the affected area inside your heart that is causing the abnormal heart rhythm. This procedure will help block the abnormal electrical impulses in that area of your heart.

Once the ablation is over, the catheters are removed, and a nurse will press on the area for a short while to stop any bleeding. Following the procedure, you will lie flat and rest for a few hours in a recovery area.

### Where will my procedure take place?

Regardless of where you had your initial consultation, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including scans and tests, and follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

### How long will I stay in hospital?

You may need to stay in the hospital overnight, although many patients return home on the same day. Your Consultant should be able to advise you of this before you come in for the procedure.

### How long does it take to recover from a cardiac catheter ablation?

You may have some bruising and feel tender following the procedure, and it is likely you will feel tired, but this should subside within a few days. Your Cardiologist will advise when you should be able to return to driving or work.

### Are there any risks with this procedure?

There is a small risk of damage to the heart's normal electrical pathways. If this does happen, you may need to be fitted with a pacemaker to stop your heart from beating too slowly. Your Cardiologist will talk you through this and any other risks before the procedure, to ensure you



are fully aware.

## What is the cost of private ablation procedure at KIMS Hospital?

A private ablation procedure at KIMS Hospital starts from £10,846. You can use private medical insurance or pay for yourself. Flexible payment plans are available to spread the cost.