

## Ablation

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

## Helping you lead a healthy heart lifestyle

Our team of ablation specialists 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 one of our Consultants 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.

## Prices & payment

We offer a guide price of:

Ablation  
£8,980 - £18,730

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

## Personal medical loans

Payment to suit you with 0% and fixed rate interest options.

Following an appointment with your Consultant, you can apply for a loan to cover the cost of your treatment. With interest free finance at Representative 0% APR (fixed) along with longer term fixed rate loans, there is an option for everyone.

## Consultants



Dr Shaumik Adhya



Dr Peter Kabunga



Dr Laurence Nunn

## What to expect from a cardiac catheter ablation

### What does the 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. Another alternative is Cryoablation, which uses a freezing technique, rather than heat.

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.

### 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 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.