

Renal Denervation

Renal denervation therapy is a new interventional procedure for the management of resistant hypertension (high blood pressure) in patients taking three or more medications or in those that are intolerant of medication.

How should I prepare?

It is important that you do not eat or drink for 6 hours prior to your planned procedure time. Prof Ruparelia will review your medications prior to your procedure and advise you if any should be temporarily stopped.

You must ensure that you have someone with you to take you home after the procedure as you will be unable to drive.

What are the risks?

Renal denervation is associated with a 1% risk of complication that includes: pain, bleeding, bruising, renal injury and deterioration in renal function.

The Procedure

Renal denervation therapy is performed under a deep sedation and with the aid of local anaesthetic. The procedure takes approximately 2 hours.

When you arrive to the cardiac unit, general observations are taken. A small venous line is inserted in your arm. This will be used during the procedure to administer sedation or pain relief as required.

After local anaesthetic has been administered at the top of the leg a small tube is advanced through the femoral artery.

Through this sheath the renal denervation catheter is advanced to treat the renal arteries that supply both kidneys (and any other accessory vessels that will have been identified during work up).

At the end of the procedure, the femoral artery is closed with a closure device.

Recovery and post-procedural care

Immediately after the procedure you will be transferred to the recovery area and when you have recovered sufficiently from the sedation you are able to eat and drink. The nursing staff will regularly check your observation and leg puncture site.

You will be given specific instructions in person by Prof Ruparelia following your procedure and you will be able to be discharge 4-6 hours after your procedure.

You will require someone to take you home and be with you overnight. You should refrain from any heavy lifting or strenuous activity for a week.