



Tests and Procedures

Ablation therapy

By Mayo Clinic Staff

Ablation therapy is a type of minimally invasive procedure doctors use to destroy abnormal tissue that occurs with many conditions. For example, your doctor may use an ablation procedure to treat a small kidney tumor or to destroy (ablate) a small amount of heart tissue that's causing abnormally rapid heart rhythms.

Doctors may perform ablation therapy using probes inserted through the skin, flexible tubes (catheters) inserted through an artery or energy beams to reach the area being treated. Imaging techniques are used to guide the ablation. The abnormal tissue is injured or destroyed with heat (radiofrequency ablation), extreme cold (cryoablation), lasers or a chemical.

Ablation therapy may spare healthy tissue and lower the risks and discomforts of open surgery. You may have a shorter hospital stay and a faster recovery after ablation therapy compared with open surgery. Talk with your doctor about the benefits and risks of ablation therapy and whether it's an appropriate treatment option for you.

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