

RADIO-FREQUENCY ABLATION POST-OP INSTRUCTIONS

DAY 1

You will go home with an ACE wrap in place. If your foot tingles or becomes numb, the wrap may be too tight. Please remove it and rewrap. The wrap needs to be snug, but not overly tight. You may have a small amount of bleeding on the dressing.

Please walk for 20–30 minutes 2–3 times the first day. This will help the leg recover.

Proper leg elevation will help with recovery and will reduce swelling. Recliners do not work very well to reduce swelling. To elevate, a flat surface with the legs above the heart works best.

DAY 2

Remove the ACE bandage and other dressings. Shower and wash off all of the surgical prep. Dry your leg carefully and pull on your support hose. Please wear your support hose daily, but *not* at night, for two weeks.

AFTER YOUR PROCEDURE

You will have an appointment for the follow-up ultrasound. Your stitches may be removed at that time.

Please refrain from swimming, vigorous exercise like running, hot tubs, hot baths, or anything that would be considered as strenuous for two weeks after the procedure. This helps the leg veins respond to the treatment.

Follow-up exams are generally scheduled for the 1, 3, 6, and 12 months after the procedure. This is to assure that the vein is closed and not recanalizing. Also, this helps schedule other treatments if you need or want them.

After a full treatment and recovery, you may notice the new veins becoming visible. This is normal and doesn't mean the original treatment has failed. Please come back to be examined again as there are generally other treatments we can do.

Lastly, wear your support hose! This will slow the aging process.