

RADIO-FREQUENCY ABLATION PRE- & POST-OP DIRECTIONS

BEFORE YOUR PROCEDURE

- Wear comfortable clothes and slip-on shoes. You will change into surgical shorts for the procedure.
- Someone else must drive you home as you will be a little sedated after your procedure.
- Take your Valium: one at home an hour prior to your appointment, and the remaining two in the office, when the ultrasound technician tells you to do so.

DURING YOUR PROCEDURE

- You will have a local anesthetic to minimize your discomfort.
- You may bring an iPod or music player to help you relax.

AFTER YOUR PROCEDURE

DAY 1

- You will go home with a wrap on your leg. If your foot tingles or becomes numb, the wrap is too tight. Please remove it and rewrap. You want it snug, but not overly tight. Keep your leg wrapped for 36 hours.
- Walk! Walking will help your leg recover. Walk for 20–30 minutes, 2–3 times the first day.
- Elevate! Elevating your leg will help reduce swelling. Do not use a recliner because you won't be able to get your legs above your heart. To properly elevate, lie on a flat surface with your legs propped up on pillows or resting on a wall or headboard. Your legs should be elevated well above your heart.
- Avoid prolonged sitting or standing for at least several days.

DAY 2

- Remove the wrap and other dressings. Shower and wash off all of the surgical prep. Dry your leg carefully and put on your support hose.
- Resume normal activity. No vigorous activities (running, swimming, or soaking in a hot tub) for two weeks.
- Wear your support hose daily for two weeks. Remove support hose at night, when you go to sleep.

DAY 5 or 6

- You will have a follow-up appointment for an ultrasound. We will remove your stitches at this time.

THE MONTHS AFTER YOUR PROCEDURE

- Additional follow-up exams are generally scheduled for the 1, 3, 6, and 12 months after the procedure. We want to make sure the vein is closed and not recanalizing.
- After treatment and a full recovery, you may see new veins. This is normal and doesn't mean the original treatment has failed. If this happens, come in for an exam and we can discuss other possible treatments.
- Continue wearing your support hose. This will slow the aging process.