

## Complex Vein and Vascular Vein Procedures Pre and Post Procedure Instructions

### Radiofrequency Ablations

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#### Pre-Procedure Instructions

- Be sure to arrange for a ride home after the procedure if you choose to take prescription anti-anxiety medicine prior to the procedure, as we will NOT permit you to drive yourself. Please take the medicine 1 hour prior to your scheduled procedure time.
- Take any regular medications the day of the procedure.
- Shower before your visit, as you will not be permitted to shower until 24 hours after the procedure.
- Refrain from using moisturizers / lotions on the day of treatment.
- Wear loose-fitting clothing and flat shoes.
- Be sure to eat breakfast/lunch and be well hydrated.
- The Radiofrequency Ablation procedure usually takes 20 minutes. Plan on being in our clinic for 1 to 1 ½ hours total.

#### Post-Procedure Instructions

- The local anesthesia may last for approximately 1-2 hours after the procedure is over. It is normal to have clear or slightly blood-tinged fluid leak from your treated leg. This is the numbing medicine leaking out.
- Do not drive for 24 hours after your procedure if you choose to take the anti-anxiety medicine prior to the procedure.
- You may experience mild discomfort after the anesthesia wears off. Most patients experience the greatest discomfort within the first week after the procedure as the treated vein begins to contract. This is generally described as a pulling sensation with tenderness along the treated vein.
- It is encouraged that you begin taking an anti-inflammatory medication (Ibuprofen 400mg) on the day of the procedure and continue to take it 3 times a day for the next 7 days. This medication is recommended whether or not you feel pain, as it is very important to control the inflammatory process. Take this medication with food. \*\*\*If you have kidney disease, do not take any NSAIDs and take Tylenol as needed instead\*\*\*
- Over-the-counter Arnicare is a topical ointment that is beneficial for discomfort along the treated vein as well.
- After your procedure, we will wrap your leg in compression. You may remove the compression in 24 hours. After that you should continue to wear your compression stocking during the daytime only and remove it only to shower and sleep.

- It is important to keep moving and maintain a normal activity level which will help with your healing and discomfort. It is recommended that you walk a minimum of 5-10 minutes, 2-3 times every day.
- Avoid strenuous exercise such as aerobics, weight training, bicycling, and running for 1-2 weeks; however, light exercise is encouraged. You should also avoid hot tubs, Jacuzzis, and pedicures.
- Avoid prolonged sitting or standing for the first week. You may elevate your leg throughout the day to alleviate discomfort. It is recommended that patients should refrain from long travel (i.e.- car or plane rides) for a minimum of one week unless discussed with the physician.
- We will schedule an ultrasound within a week of your ablation to confirm the procedure was successful and to ensure there were no complications. We will schedule a follow-up to go over these results with you after all ablations are complete.
- **If you develop an area that is red, hot, swollen, or painful, notify us immediately at 469-780-2300. If you experience any chest pain, shortness of breath, or other concerning symptoms, do not delay seeking emergency care and call 911 immediately.**