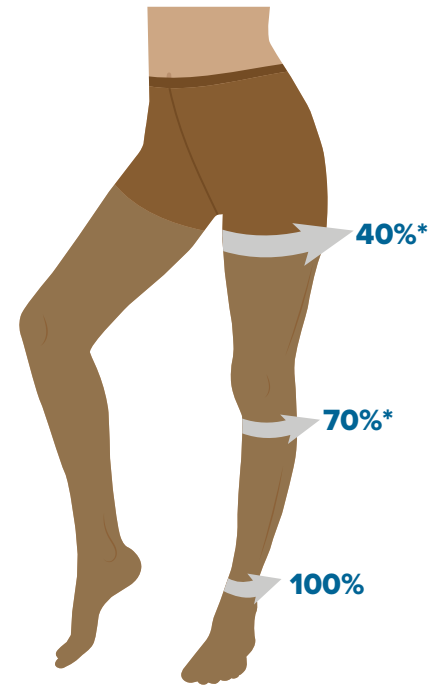


POST PROCEDURE INSTRUCTIONS FOR RADIOFREQUENCY ABLATION (RFA)

- Wear stockings around the clock for 48 hours (sleep in them for 2 nights).
- Wear stockings during waking hours for 5 more days (7 days of stockings TOTAL).
- You do not need to wear stockings while showering.
- Use Ibuprofen (up to 600mg 3 times within a 24-hour period) or Tylenol (up to 1000mg 3 times within a 24-hour period) for discomfort.
- Walk 30-60 minutes per day. There is no limitation on walking or climbing stairs. Getting up and walking around will help alleviate pain.
- No hot tubs, baths, lakes or swimming pools for 2 weeks post procedure.
- Do not lift over 40 pounds for 1 week. Avoid strenuous or jarring activities such as core (abdominal) work outs or running. You may resume normal workouts after 1 week.
- Avoid air travel for 1 week.



WHAT TO EXPECT AFTER RADIOFREQUENCY ABLATION (RFA)

- 1) The treatment area will look and feel swollen after this procedure. This is temporary and will improve over several days.
- 2) Drainage, which is blood-tinged or bloody, may occur for 1-2 days following your procedure.
- 3) Expect bruising, which can be extensive. This is temporary and resolves gradually over several weeks.
- 4) You can expect mild to moderate pain in the treatment area for a few days. Walking and wearing compression stockings are recommended. Tightness or a pulling sensation in the treatment area is common. This may feel like a “rubber band” in your leg. This is temporary and will resolve gradually over several weeks to months. **Call the office for an appointment if you are having significant pain not relieved with pain medication.**
- 5) Hardness or firmness at the site of vein treatment is normal and a sign of successful treatment.
- 6) Numbness in the treatment area is not uncommon. This will gradually resolve over several months and is rarely permanent.
- 7) Brown, tan or yellow staining of the skin (hyperpigmentation) may occur over the treated vein as it is being absorbed. This will lighten gradually over 6-24 months.
- 8) You may remove bandages on the day following your procedure. White strips (Steri-Strips) may be removed after one week or you may let them fall off on their own.
- 9) Generally, you will notice improvement in your symptoms over several weeks.



FREQUENTLY ASKED QUESTIONS (FAQS)

Q: Is it normal to have bloody drainage on my stocking after this procedure?

A: You may have bloody drainage for 1-2 days following the procedure. This occurs when numbing fluid drains from under the skin. It is messy but not dangerous. You may wish to reinforce the draining areas with gauze pads over your stocking. You do not need to remove or change the bandage applied at the time of the procedure until the day following your procedure or the next time you shower.

Q: The treatment area feels and looks swollen, is this normal?

A: It is normal for the treated area to look and feel swollen and tight. This is due to the numbing medicine used under your skin during the procedure. This will gradually improve over several days.

Q: Is it normal to have pain after this procedure?

A: It is normal to have mild or moderate pain in the treatment area for a few days after the procedure. You may take an over-the-counter pain reliever such as Acetaminophen (Tylenol) or an NSAID (Ibuprofen, Advil, Motrin, Aleve, Naproxen) for pain. Always check with your primary care provider before taking any new medication. Consult the medication packaging instructions regarding maximum dosing or ask your pharmacist. **Call the office for an appointment if you are having significant pain.**

Q: I have a tender spot that has developed after my treatment, is this normal?

A: One or more areas of pain and swelling may occur after the procedure. This can be caused by blood flow changes in nearby veins after a truncal vein is treated. Expect this pain to improve gradually over several weeks. Continue to wear your compression stockings during the day as long as you are having discomfort and continue walking a minimum of 40 min throughout the day. **Call the office for an appointment if you are having significant pain.**

Q: What should I do if I notice swelling in my treated leg?

A: Swelling in the treatment area(s) is common and normal. **Call the clinic for generalized (overall) swelling in the leg, calf, ankle or foot, particularly if it is more pronounced in one leg when compared to the other.**

Q: I have numbness of the skin on my treated leg, should I be worried?

A: Numbness is not uncommon after vein procedures. Skin nerves can be affected during the procedure which can cause numbness, tingling or “pins and needles”. This is not worrisome and generally improves gradually over several months.

Q: I have a lot of bruising on my legs, is this normal?

A: You can expect significant bruising after vein procedures.

This resolves slowly over 4-6 weeks. You may try an over-the-counter bruise remedy such as Arnica from your local pharmacy. Ask the pharmacist any questions you may have regarding this medication.

Q: I have noticed new veins on the surface of my treated leg, is this normal?

A: New veins can appear shortly after vein treatment. These are existing veins that become congested and visible. Bring this to the attention of your vein specialist at your next office visit.

Q: When can I remove bandages applied during my procedure?

A: You may remove any bandages on the day following your procedure or anytime thereafter.

Q: What do I do with the white strips that were applied to my skin at the time of the procedure?

A: These are called Steri-Strips and they will eventually fall off on their own. If you wish, you may remove them 1 week after your procedure.

Q: I have a history of migraine headaches and I developed a migraine after my vein treatment, is this related to the procedure?

A: Migraines can be triggered by vein procedures. Treat these as you normally would. You may have migraines with future treatments and should plan to have migraine medication on hand at the time of treatment.

Q: When can I shower after my procedure?

A: You can shower the day following your procedure.

Q: *When should I call for help?*

A: Call 911 anytime you think you may need emergency care. For example:

- You faint/pass out (lose consciousness).
- You have difficulty breathing or feel like you cannot catch your breath.
- You have sudden chest pain, shortness of breath, or you cough up blood.

Call the clinic or seek immediate medical care for:

- Sores or wounds at injection sites.
- Signs concerning for a deep blood clot (deep venous thrombosis or DVT):
 - Pain in your calf.
 - Generalized (overall) swelling in the leg, calf, ankle and/or foot. Particularly when the swelling is more noticeable in one leg when compared to the other.
- Problems with your vision or balance.
- Pain that does not resolve with pain medication.
- Signs of infection:
 - Pus draining from the area of injection.
 - Fever.
 - Redness and pain that is expanding around an injection site.

