

LEG CARE AFTER RADIOFREQUENCY ABLATION INSTRUCTIONS

Patient: _____ DOB: _____

Now that your radiofrequency ablation is complete, you may resume normal activities with only a few exceptions and suggestions:

- You will need to wear compression hose for 2 weeks after each procedure (you will be provided with a pair of compression hose the day of your first procedure). During your procedure, a small incision was made to gain access to the vein being treated and will be covered with a bandage that you must remove that evening before going to bed. (There is no need to replace the bandage with another once you remove it). After your procedure you will continuously wear your compression hose for the next 72 hours, only taking them off to shower. After the initial 72 hours, you will use stockings only during the day for the next 11 days.
- It is normal to experience some oozing from puncture sites where numbing solution is injected in your leg. We do recommend sleeping with a towel under your leg for the first night.
- You are encouraged to walk/stay active for at least 20 minutes every couple of hours (please note if you are active with daily living activities you do not need to add the extra 20 minutes of walking).
- Please be sure to take your Ibuprofen/Motrin 400 mg every 8 hours for the first 3 days after your procedure, as it will prevent swelling, inflammation, and discomfort. Also make sure that you are taking your medication with food as to not upset your stomach.

****DO NOT TAKE IBUPROFEN/MOTRIN IF YOU HAVE BEEN ADVISED NOT TO BY ANY PHYSICIAN****

IBUPROFEN/MOTRIN AND OTHER NSAIDS CAN INCREASE THE RISK OF HEART ATTACK AND STROKE IN PATIENTS WITH CARDIOVASCULAR DISEASE. PATIENTS WITH RENAL INSUFFICIENCY OR KIDNEY DISEASE SHOULD ALSO AVOID NSAIDS IN GENERAL. PLEASE NOTIFY US IF YOU HAVE CARDIOVASCULAR OR KIDNEY DISEASE.

- Please refrain from pedicures, swimming, hot tubs or hot baths for 1 week after your procedure. You may shower but avoid submerging leg into water.
- No vigorous exercise or heavy lifting for 2 weeks following procedure. You may do light walking.
- No flying for 1 week after procedure.

Please note that it is normal to experience bruising, numbness, soreness, and a tightening sensation in the first couple of weeks following treatment, these symptoms should slowly disappear. If you experience any bleeding after arriving home, we ask that you hold firm pressure with a clean washcloth for 10-15 min, any bleeding should stop. If bleeding continues or if you have significant pain, please call our office at **972-253-2505**.