

INSTRUCTIONS FOR RADIOFREQUENCY ABLATION

Pre-procedure Instructions:

- Notify the office if you are on blood thinning medications such as Plavix, Coumadin, or Eliquis. These medications can increase the risk for bleeding & bruising.
- Please shower prior to the procedure.
- You may continue all of your regular medications.
- Wear comfortable, loose clothing.

Post-procedure Instructions:

- Bandages may be removed later in the evening.
- You may notice a small amount of fluid drainage on the bandage. This is the anesthetic and is normal.
- You may shower following the procedure.
- Do not soak the leg (swimming, sauna, or hot tubs) for 3 days after the procedure.
- Your leg may feel a "tightness" along the treated vein. You may have discomfort and bruising for a few weeks post procedure.
- Compression stockings may be helpful if you have any swelling or discomfort in the leg.
- You may return to work the same day. Some patients with more physically intense jobs find it helpful to take a day or two off from work.
- Normal exercise is encouraged. Ask Dr. Karamichos about instructions for running, weight lifting, or other higher impact workouts.
- Avoid flying and long car trips (greater than 2 hours) for 1 week after the procedure.
- Walking Schedule:
 - Day of Procedure- Complete two separate 10 minute walks after arriving home
 - Following- take 1-2 walks a day (or more) for one week.
- For Pain:
 - Ibuprofen (Motrin/Advil) 200 mg tablets, take 2-3 tablets every eight hours with food **OR** Naproxen (Aleve) 225 mg tablets, take 1-2 tablets every 12 hours with food.
 - Let us know if you are already taking a prescription anti-inflammatory medication such as Celebrex or Mobic.

Follow-Up

- You will be scheduled for a follow-up ultrasound appointment within 1 week after the procedure. This is to check for blood clots which can happen in approximately 0.2% of cases.
- Additional procedural appointments will also be scheduled as per your personalized treatment plan.