

## Postoperative Radiofrequency Ablation Instructions

1. You should expect some mild pain, especially along the inner thigh (and/or the back of your calf, if this vein was treated). This should feel no worse than a large bruise, and should get better every day.
2. Please wear the dressing that was placed by the doctor for at least 24 hours. After 24 hours, you may take off the dressing and shower. You will have a small waterproof bandage on the small incision where the catheter was inserted. This is usually on the middle part of the calf. Leave this dressing in place till it falls off on its own.
3. After bathing, apply compression stockings, and continue to wear compression stockings until your follow up visit and for a total of 2 weeks after the procedure is done. You may take off the stockings at night, and put them on again in the morning.
4. You may resume all of your previous medications after the procedure is finished. Ibuprofen or Tylenol over the counter is usually adequate for pain. If you feel you need a stronger painkiller, please call the office, or tell the doctor at the time of the procedure.
5. It would be best to abstain from strenuous activity for a few days (spinning classes, long runs, etc), but light activity is encouraged. Get up frequently if you work at a sedentary job, and walk as much as you normally do. You may resume all normal daily activities (shopping, work, taking care of children, etc) immediately.
6. You will receive an appointment for a follow up ultrasound within a week after your procedure. It is very important that you come to this appointment. The ultrasound is needed to evaluate for the possibility of a deep vein thrombosis, which occurs in a very small percentage of patients (less than 1%). The appointment also gives us a chance to evaluate your progress after surgery.
7. If you have any swelling in the leg, pain or redness, bleeding, or shortness of breath, please call immediately.