



Radiofrequency Venous Ablation Post-Procedure Instructions

Return for your **Duplex Scan** (ultrasound) on: _____ Time: _____

Next **Vein Treatment** appointment on: _____ Time: _____

Call our office 972-572-1600 immediately if you notice:

1. Prolonged tenderness, redness, or warmth along the treated segment
2. Moderate to severe pain preventing return to normal activities
3. Shortness of breath

Activity:

- **No driving for the rest of the day** (If taking prescription pain medication, you should not drive)
- Riding in a car – may ride in a car (if on long rides, get out and walk hourly)
- Bathing – shower tomorrow morning, make sure to wash all the prepping solution off
- Return to work/school – when able
- Active sports and sun exposure to treated area – after 48 hours (14 days)
- Sexual activity – when comfortable

Special Instructions:

Medications	Dose	Time(s)	Instructions
Ibuprofen (Advil, Motrin) – 200 mg	2-3 tabs by mouth	Every 4-6 hours	As needed for pain and inflammation (max 7 days)
Tylenol – 325 mg	2 tabs by mouth	Every 6 hours	As needed for pain (max 7 days)

- **After 24 hours, remove the ace bandage:** Gauze bandages are under the bandage to help absorb any drainage. If they become wet, change them and replace the ace bandage. If the ace bandage becomes loose, re-wrap your leg with the ace bandage, making sure it is snug. **The morning following your procedure, take the dressing/ace bandage off and replace with your compression stocking.**
- **Compression Stockings: Need to be worn for the next 4 weeks (during daytime ONLY)**
- For the first week, avoid prolonged sitting or standing in the same place and elevate your legs at least 3 times a day for 5-10 minutes
- **Walk 10 minutes every hour daily (while you're awake) for 5 days**
- It is normal to experience some bruising, redness, and swelling of your lower legs. You may also experience a "pulling or tight" sensation for several weeks after the procedure. This discomfort is the effect of the treated area healing.
- **Avoid** rivers, lakes, beaches, and pools until your incisions heal completely

Please do not hesitate to contact us if you have any questions or concerns at 972-572-1600