

Endovenous Radiofrequency Ablation (RFA)

Please follow these instructions unless Dr. Isadore has given you different instructions for your procedure.

FIRST NIGHT & NEXT MORNING

- 1. FIRST NIGHT** Keep your compression stocking on and sleep in it overnight. Keep the small bandage/Band-Aid in place.
- 2. NEXT MORNING** Remove the compression stocking and remove the bandage/Band-Aid from your leg. You may shower normally.
- 3. AFTER SHOWER** Dry your leg completely, then put the compression stocking back on. Wear your compression stocking for the instructed length of time, typically 7 days. You do not need to sleep in stocking the second night after your procedure.

COMPRESSION STOCKING

- Wear stocking for 7 days, unless otherwise instructed.
- After the first night, remove the stocking to sleep & shower.
- Sometimes the rubber thigh band can irritate your skin. You can turn stockings inside out or wear tight fitting undergarment shorts and place rubber band on top of shorts material, to create a barrier between your skin.

ACTIVITY & RESTRICTIONS

- Leisure activity is encouraged, including your daily routine, work, and walks. Limit walks to 1-2 miles.
- No strenuous exercise for 7 days, or for the duration of your compression stocking use as directed by Dr. Isadore.
- Avoid hot tubs, saunas, swimming, or other leg submersion for the duration of your compression stocking course.

WHAT YOU MAY NOTICE

- Mild aching or tenderness, bruising, tightness/pulling, a firm or cord-like feeling, and mild swelling can occur. This is temporary and will resolve after several weeks.
- For discomfort, you may take ibuprofen (Advil/Motrin) as directed on the label if you normally can take it and have not been told to avoid NSAIDs.

CALL OCEANA VEIN SPECIALISTS

- Increasing or severe pain in the treated leg.
- New or worsening leg swelling, especially swelling of the entire leg.
- Increasing redness, warmth, or tenderness.
- Persistent bleeding, drainage, pus, fever, or chills.
- New numbness, weakness, or any symptom that is concerning or getting worse.

EMERGENCY WARNING SIGNS**CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM IMMEDIATELY for:**

- Chest pain or chest pressure.
- Shortness of breath or difficulty breathing.
- Sudden dizziness, lightheadedness, or fainting.
- Coughing up blood.
- A rapid heartbeat, chest or breathing symptoms.
- Sudden weakness or other severe unexplained symptoms.

Do not wait for a call back from our office if you are having emergency symptoms.

FOLLOW-UP. Keep your scheduled follow-up appointment and ultrasound.

760-231-1165

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