

**Radiofrequency Venous Ablation**

***Post-Procedure Instructions***

* Your leg will be wrapped in an ACE bandage when you leave the office after your procedure. We use an ACE so that your stocking will not be stained after your procedure. You may remove this wrap at anytime and replace with your compression stocking if you find the ACE wrap uncomfortable or inconvenient. You will wear the wrap or the stocking overnight the first night only.
* Wear your compression hose continuously for 7 days after the procedure. You may remove it to shower and at night when you sleep.
* Walk frequently and try not to spend extended times sitting or lying immobile. This helps prevent blood clot in the leg.
* Take 600-800 mg of ibuprofen (e.g. advil) every six hours with food as needed. The procedure closed your vein by damaging the vein with heat. This will result in inflammation. Ibuprofen is an anti-inflammatory medication (NSAID.) You may have less discomfort if used for the first few days and up to one week after your procedure. These medications can be irritating to your stomach. Do not use if you have a history of stomach ulcers, gastrointestinal bleeding of kidney probems. Take it even if you are not having pain.
* Avoid hot baths/hot tubs, strenuous exercise, aerobic exercise and weight lifting for 7 days after the procedure. You may shower anytime after your procedure.

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* Do not be alarmed if you have some bruising, swelling, lumpiness, tenderness, tingling, or fluid leakage. Between 7-10 days after the procedure many patients experience a tightening, pulling, numbness and/or pain along the treated vein. It is very common to have ankle orfoot swelling in the treated leg for a few days; this should subside after several days.

Call the office at (904) 402-8346 or after hours Dr. St.George’s mobile number (321) 720-9582 if you develop any questions or concerns. Please call if you experience profound swelling, extreme discomfort, significant bleeding, chest pain, or shortness of breath.

***Do not hesitate to call with any questions or concerns.***

**Your next appointment/follow-up is scheduled for:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**