

**Pre-Operative Instructions for  
Radiofrequency Ablation (RFA)  
WITH ANESTHESIA**

PHOENIX HEART VEIN CENTER  
AVONDALE

<b>Report To:</b>	Phoenix Heart	<b>13028 W. Rancho Santa Fe Blvd. Avondale, AZ 85392</b>	<b>SUITE: A</b>
<b>Phone:</b>	<b>602-298-7777</b>	<b>ARRIVAL TIME:</b>	<b>DATE:</b>
<b>CANCELLATION POLICY:</b>			
<p>YOU MUST NOTIFY US <b>NO LESS THAN 24 HOURS</b> PRIOR TO YOUR SCHEDULED PROCEDURE DATE &amp; TIME. ANY CANCELLATIONS MADE WITHIN LESS THAN 24 HOURS ARE SUBJECT TO OUR <b>\$100 CANCELLATION CHARGE</b>.</p>			

<b>ARRIVAL TIME</b> 	<b>YOU MUST ARRIVE 1 HOUR PRIOR</b> TO YOUR PROCEDURE TIME. If you are <u>late</u> you will have to <u>RESCHEDULE</u> your procedure.
<b>Transportation</b>	✓ <b>YOU MUST HAVE A DRIVER.</b> Please also have your <b>DRIVER STAY ON SITE</b> in our procedure waiting area.
<b>Driving</b>	✓ You are not permitted to drive for 24 Hours.
<b>Current Normal Medications</b> 	✓ <b>Continue taking all your normal medications and supplements unless directed otherwise by your doctor.</b> DO NOT STOP YOUR BLOOD THINNERS
<b>Weight Loss Meds</b> 	✗ If you take GLP-1 medications (Ozempic/Semiglutadine/Mounjaro/etc) for Diabetes or weight loss, please hold your medications for <b>1 week</b> prior to having anesthesia.
<b>Inhaler</b> 	✓ If you use an inhaler you <b>MUST</b> bring it with you to your procedure.
<b>Hardware</b> 	✓ If you have any hardware in your body such as a knee replacement, hip replacement or a pacemaker you must take an <b>Antibiotic 2 HOURS prior</b> to your procedure. Please notify the vein clinic so that a prescription can be sent to your pharmacy. ✓ <b>IF YOU ARE HAVING ANESTHESIA PLEASE ONLY TAKE WITH A SIP OF WATER.</b>
<b>Bathing/Showering</b>	✓ Please shower <b>the day of your procedure</b> as you will not be able to shower for <b>24 hours</b> following.
<b>Lotion/Creams</b>	✗ Please do not apply any lotions or creams to your legs prior to your procedure.
<b>Clothing</b>	✓ Wear old, loose and comfortable clothing that is easy to remove and put on.

<b>WITH ANESTHESIA (SEDATION):</b> <b>SEDATION MUST BE REQUESTED AND AUTHORIZED PRIOR TO YOUR PROCEDURE DATE.</b>	
<b>Eating:</b>	✗ You <b>MUST</b> Fast. You <u>CANNOT EAT</u> anything <u>AFTER MIDNIGHT</u> .
<b>Drinking:</b>	✗ You <u>CANNOT DRINK</u> anything <u>AFTER MIDNIGHT</u> .
<b>Weight Loss Meds</b> 	✗ If you take GLP-1 medications (Ozempic/Semiglutadine/Mounjaro/etc) for Diabetes or weight loss, please <b>hold your medications</b> for <b>1 week</b> prior to having anesthesia.
<b>Sedation:</b>	An Anesthesia provider /CRNA will be on site to give you your IV sedation. Recovery time is generally about <b>10-15 min.</b> <b>(Anesthesia billing done separately)</b>



## POST-Operative Instructions for RFA

### DAY 1:

Leave your Wrapping on for **24 hours** following your treatment. **THIS IS THE ONLY TIME YOU WILL HAVE TO SLEEP IN THEM.**

### Day 2:

- ✓ You may **REMOVE** your **BANDAGES** and **STERI-STRIPS** 
- ✓ Take a shower
- ✓ **Walking is encouraged** 
- ✓ Put your compression stockings OR bandages back on until bedtime. (Do not Sleep in them again)

### NEXT 1 WEEK:

- ✓ For the next **1 WEEK** following your treatment wear your compression stockings **ONLY** during the **DAY**. Remove them at night. You do not need to sleep in them.
- ✓ **Walk is encouraged.**

**✗ TRAVEL: Avoid long distance travel via Car or Plane prior to your 1 week follow up.**

**✗ PUMP: DO NOT USE LYMPHEDEMA PUMP UNTIL AFTER YOUR FOLLOW UP APPOINTMENT**

### MEDICATION to AVOID **48 hours** after treatment:

- ✗ Aspirin** (unless taking a daily Aspirin - DO NOT STOP taking that medication.)
- ✗ Ibuprofen** or other anti-inflammatory medications. (**Tylenol may be used if needed**)

### ACTIVITY to AVOID **1 WEEK** after treatment:

- ✗ Swimming, hot baths, Whirlpools, saunas or hot compresses**
- ✗ No oils, lotions, creams or powders on treated leg**
- ✗ No Lifting over **10Lbs****
- ✗ No tanning beds or outside tanning/ avoid prolonged sun exposure**
- ✗ Running/ High Impact exercise**

### NORMAL SIDE EFFECTS:

- ✓ Minor bleeding- Small amount of blood may be present from the injection sites
- ✓ Oozing- Some oozing may occur from the tumescent anesthesia injection sites (Fluid Injection)
- ✓ Bruising – It is normal to have some tenderness and bruising along the areas where the vein was treated and along the injection sites.
- ✓ Tightness/Pulling- This is a normal feeling due to the closure of the vein.

### ABNORMAL SIDE EFFECTS: (Please Contact us Immediately)

- ✗ Intense Pain**
- ✗ Numbness/Tingling**
- ✗ Blood soaked bandages**

- ✗ Excessive swelling**
- ✗ Signs of infection/ Fever + Redness**

### FOLLOW UP: PLEASE MAKE SURE YOU RETURN FOR YOUR 1 WEEK + 1 MONTH FOLLOW UP

#### Contact Information:

**PHONE: (602) 298-7777**

**VEIN CENTER HOURS:** MONDAY – THURSDAY 6:00AM-3:30PM

**PHOENIX HEART HOURS:** MONDAY – FRIDAY 7:00AM-5:00PM

If you are experiencing an emergency, call **911 or go immediately to the nearest ER.**