






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

PHOENIX HEART VEIN CENTER
TALAVI

Report To:	Phoenix Heart Vein Center Procedure Check-in	5859 W Talavi Blvd Glendale, AZ 85306	SUITE: 165 (North Side)
Phone:	602-298-7777	ARRIVAL TIME:	DATE:

CANCELLATION POLICY:


YOU MUST NOTIFY US **NO LESS THAN 24 HOURS** PRIOR TO YOUR SCHEDULED PROCEDURE DATE & TIME. ANY CANCELLATIONS MADE WITHIN LESS THAN 24 HOURS ARE SUBJECT TO OUR **\$100 CANCELLATION CHARGE.**

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

WITH ANESTHESIA (SEDATION):

SEDATION MUST BE REQUESTED AND AUTHORIZED PRIOR TO YOUR PROCEDURE DATE.



Eating:	✗ You MUST Fast. You CANNOT EAT anything AFTER MIDNIGHT.
Drinking:	✗ You CANNOT DRINK anything AFTER MIDNIGHT.
Weight Loss Meds 	✗ If you take GLP-1 medications (Ozempic/Semaglutide/Mounjaro/etc) for Diabetes or weight loss, please hold your medications for 1 week prior to having anesthesia.
Sedation:	An Anesthesia provider /CRNA will be on site to give you your IV sedation. Recovery time is generally about 10-15 min. (Anesthesia billing done separately)

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.**

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

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

MEDICATION to AVOID 48 hours after treatment:

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

ACTIVITY to AVOID 1 WEEK after treatment:

- X** Swimming, hot baths, Whirlpools, saunas or hot compresses
- X** No oils, lotions, creams or powders on treated leg
- X** No Lifting over **10lbs**
- X** No tanning beds or outside tanning/ avoid prolonged sun exposure
- X** 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)

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| <ul style="list-style-type: none"> X <u>Intense Pain</u> X <u>Numbness/Tingling</u> X <u>Blood soaked bandages</u> | <ul style="list-style-type: none"> X <u>Excessive swelling</u> X <u>Signs of infection/ Fever + Redness</u> |
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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.