



5859 W Talavi Blvd Suite 150, Glendale, AZ 85306

Phone: 602-298-7777 Fax: 623-930-6060

[www.phoenixheart.com](http://www.phoenixheart.com) ICAEL, ICANL, and ACR accredited Facility

PATIENT COPY

|  |
| --- |
|  |
| POST-Operative Instructions for RFA |
| **DAY 1:** |
| Leave your Compression Stockings & Wrapping under them on for **24 hours** following your treatment. **THIS IS THE ONLY TIME YOU WILL HAVE TO SLEEP IN THEM.** |
| **Day 2: After 24 hours after treatment:** |
| * You may **REMOVE** your compression stockings or bandages, cotton and **steri-strips.**
* Take a shower- Lukewarm water
* **Walking is encouraged.**
* Put your compression stockings back on until bedtime. (Do not Sleep in them again)
 |
| **NEXT 1-2 Weeks:** |
| * For the next **1-2** weeks following your treatment wear your compression stockings **ONLY** during the **DAY**. Remove them at night. You do not need to sleep in them.
* **Walk for at least 10 MIN PER HOUR**
 |
| **NOMAL SIDE EFFECTS:**  |
| * Minor bleeding- Small amount of blood may be present from the injection /access site(s)
* Bruising – It is normal to have some tenderness and bruising along the areas where the vein was treated.
* Tightness/Pulling- This is a normal feeling due to the closure of the vein.
 |
| **Abnormal Signs/ Symptoms: (Please Contact us Immediately)** |
| * **Intense Pain**
* **Numbness/Tingling**
* **Blood soaked bandages**
 | * **Excessive swelling**
* **Signs of infection/ Fever + Redness**
 |
| **Medication to AVOID 48 hours after treatment:** |
| * Aspirin (unless taking a daily 81mg Aspirin - DO NOT STOP taking that medication.)
* Ibuprofen or other anti-inflammatory medications. **(Tylenol may be used if needed)**
 |
| **Activity to AVOID 48 hours after treatment:**  | **Activity to AVOID 1 WEEK after treatment:** |
| * Hot baths, Whirlpools, saunas or hot compresses
* No oils, lotions, creams or powders on legs
* Swimming
 | * No Lifting over **10Lbs**
* No tanning beds or outside tanning/ avoid prolonged sun exposure
* Running/ High Impact exercise
 |
| **FOLLOW UP: PLEASE MAKE SURE YOU RETURN FOR YOUR 1 WEEK + 1 MONTH FOLLOW UP** |
| **Contact Information:** |
| If you have any concerns, call **(602) 298-7777 (8am – 5pm weekdays).** Call this same number after hours and weekends and our answering service will take your message and page the **On-Call physician.** If you are experiencing a true vascular emergency, call **911** **or go immediately to the nearest Emergency Room.** |