





Pre-Operative Instructions for  
**Radiofrequency Ablation (RFA)**  
**WITHOUT 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>

**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.**

<b>ARRIVAL TIME</b> 	<b>YOU MUST ARRIVE 1 HOUR PRIOR</b> TO YOUR PROCEDURE TIME. If you are <b>late</b> you will have to <b>RESCHEDULE</b> 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. DO NOT STOP YOUR BLOOD THINNERS</b>
<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 you 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.

**WITHOUT ANESTHESIA: LOCAL – OK TO EAT AND DRINK**



<b>Eating:</b>	✓ <b>DO NOT FAST.</b> You are permitted to eat on the day of your procedure. We recommend something light.
<b>Drinking:</b>	✓ Be sure to stay hydrated the day prior and the day of your procedure. Drinking several glasses of water the night before and the morning of the procedure.

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