



New England Heart & Vascular Institute

Vein & Vascular Specialists

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Radiofrequency Ablation Pre and Post-Care Instructions

As you are required to wear compression stockings and there may be bruising associated with the procedure, it is advisable to schedule your procedure several weeks prior to or after special occasions and/or vacations that might be impacted by these factors.

Pre-Treatment Instructions: (before your treatment)

- You will be given a prescription in advance for Alprazolam and Lidocaine/Prilocaine cream. Follow the instructions given to you.
- You may eat a light breakfast or lunch prior to the procedure.
- Try to stay hydrated before the procedure.
- You should bring someone to drive you to and from the office.
- Please bring your compressions stockings with you.

Post-Treatment Instructions: (after your treatment)

****You are under the influence of a sedative; you may not drive for 24 hours****

- Go directly home after your procedure. You may walk every hour today but otherwise keep your leg elevated (on a stool or couch). Wear your compression stocking or Ace wrap and do not remove it until tomorrow morning.
- Take your compression stocking or Ace wrap off the morning following your procedure. You can remove any gauze dressing but leave the Steri-strips in place. You may shower.
- Place your stocking back on and wear it daily for one week. You should not sleep in your stocking after the first 24 hours.
- Follow-up within three days for your post procedure ultrasound.
- No heavy exercise until after ultrasound. You may walk briskly. No weights or running until after the ultrasound.
- Refrain from flying for two weeks after the procedure.
- No hot tub or whirlpool for one week after the procedure.

Please call your provider if you develop any redness, swelling, pain or shortness of breath.

I CERTIFY THAT I HAVE READ, UNDERSTAND, AND RECEIVED A COPY OF THIS DOCUMENT:

Name: _____

Date of Birth: _____