

Pre and Post Procedure Instructions

Cancellations: In the event that you will not be able to keep your appointment, please contact our office at least 48 hours in advance during regular business hours, Monday thru Friday, 8:00am-5pm.

BEFORE YOUR PROCEDURE

Medications

- Do not take any diuretics the day of your procedure

Day Before your Procedure

- Make sure that you have filled or picked up your sedative and/or pain medication prescription if needed. If you did not receive a prescription for these medications, please provide us with your preferred pharmacy so that we can call it in for you.
- Take your sedative and/or pain medication as prescribed on the prescription instructions. Do NOT take more than what has been prescribed as we will not call out additional narcotics/sedatives.
- If sedation or pain medication is needed, secure a “designated driver” to chauffeur you to and from the procedure; you will be under sedation and you will not be allowed to drive.
- **Drink plenty of water the evening before and up to 2 hours before the procedure.**

Day of Procedure

- You can have a light meal up to two hours prior to your procedure.
- Do NOT wear your compression stockings.
- Stay active prior to arriving for your procedure (the more walking you do, the better).
- If you suffer from incontinence, please consider wearing the appropriate undergarments to avoid any accidents.

Clothing

Your leg will be bandaged when you leave the office. The following articles of clothing will make your trip home more comfortable:

- Shorts, skirt, or a dress
- Loose-fitting slacks/warm up bottoms, sweatpants, etc.
- Slippers, slide-on shoes like clogs or Crocs, sandals

WHAT TO EXPECT DURING THE PROCEDURE

- Endovenous radiofrequency ablation is performed using local anesthesia along the course of the diseased vein. There may be some discomfort associated with the placement of the anesthetic, and with the use of the ablation fiber/catheter. This discomfort is generally mild.
- A small puncture is made, either below or above your knee, so that the ablation fiber/catheter can be inserted into the diseased vein and positioned to begin the ablation. Energy is delivered to the fiber/catheter, which is slowly withdrawn through the vein. The

heat gently destroys the lining of the vein. There is no pulling, stripping, or avulsion of the branches.

- The procedure usually takes about 30 minutes to an hour, depending on the severity of your disease and the amount of time required to gain access to your vein.

AFTER THE PROCEDURE

- Your leg will be bandaged when you leave. **Bandage can be removed 24 hours after the procedure.**
- Compression **MUST** be applied to your leg for 24 hours following the procedure. Leave the compression bandage on and after the 24-hour time period is complete you may remove the bandage, **BUT YOU MUST** put on a compression stocking.
- Should the compression bandage fall off prior to the 24-hour time period or become wet or saturated, immediately put your compression stocking on in its place.
- If you have steri-strips over the insertion site, please leave them on for at least 5-7 days unless they fall off on their own.
- After the 24-hour compression bandage is removed, you will wear compression stockings **DAILY FOR 2 WEEKS**, but may remove them at night or for a shower.
- No showers or bathing for 24 hours after the procedure.
- No swimming, hot tubs, or baths for **one week** after the procedure, but you can shower 24 hours post procedure and for the following week.
- **Walking is prescribed post-procedure treatment for your leg EVERY HOUR FOR 5-10 MINUTES until bedtime.** (Walking speeds the recovery process, keeps your leg from becoming stiff, and reduces the potential of developing blood clots).
- Avoid sitting or standing still for prolonged periods of time (usually no more than 30 minutes).
- Do not plan any long car/bus rides for at least 72 hours after your ablation.
- Do not plan an airplane trip for at least **one week** after your ablation.
- **DO NOT** participate in strenuous exercise or lifting more the 20lbs for 48 hours post procedure.
- You may experience some tenderness or soreness in your leg after the procedure and even for a few weeks afterward, this is completely normal. Should this occur please take ibuprofen or acetaminophen to help alleviate the discomfort.
- If any unusual pain occurs after the procedure call the office immediately.
- You will come back to the office within 48 to 72 hours for a post procedure follow-up ultrasound.

If you have any questions or concerns, please do not hesitate to call the office.