

The Vein Institute of Blue Bell

Fort Washington Radiological Associates

721 Arbor Way, Suite 103 • Blue Bell, PA 19422

POST RADIOFREQUENCY(RF) ABLATION PATIENT INSTRUCTIONS

1. You have had a RADIOFREQUENCY ABLATION procedure of your **RIGHT / LEFT** leg.
2. Recovery from RF ABLATION is usually trouble-free. It is normal to feel a tightening sensation in your leg after a couple of days, and it may last for a few days. Your thigh may also be slightly tender to touch for a few days. It is also normal to experience the following symptoms during the next 2-3 days:
 - a. Mild pain
 - b. Cramping
 - c. Bruising
 - d. Swelling
3. The treated area may be somewhat tender, discolored (red-purple) and you may have some bruising lasting 2-3 weeks.
4. You may have numbness or tingling at the treated site. This should only affect the skin and not the muscle function of your leg. This usually resolves, but can last for several months.
5. Your leg was wrapped with a compression bandage, absorbent pads, and ACE wraps. **Please remove pads the day after the procedure and put on your compression stockings that morning.** You should wear your compression stockings while upright during normal daily activities for 3 weeks. You may take them off to shower and when in bed at night. During this time, continue to avoid hot tub baths.
6. You may remove the steri strips 5 days after the procedure. If they fall off on their own, apply a bandaid to the site.
7. You should keep your leg elevated when sitting or lying during this 48 hour period. You may also apply ice to the leg to help with swelling/discomfort.
8. The day after the procedure, you may resume your normal medications. If you are experiencing pain or discomfort, you can take Motrin or Tylenol as needed for pain every 6 hours unless otherwise directed by your primary care physician.
9. During the next 3 weeks, avoid prolonged periods of standing. It is better to walk or sit. **Walking a minimum of 30 minutes every day is very important.** However, you **should avoid** hot tub baths, swimming, vigorous exercise, jogging, sit ups, leg lifts, squats, or lifting over 15 pounds for 7 days following the procedure. This could cause the vein to re-open.
10. If you have received sedation for the procedure, do not drive a car or make any important decisions for 24 hours after the procedure. Someone needs to stay with you for 24 hours post-procedure.

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11. It is advised that you do not travel on an airplane until you have completed your post procedure Ultrasound. If there is an emergency and you must fly prior to your ultrasound, please call the office immediately.

Notify your primary physician and/or Radiologist IMMEDIATELY if any of the following occur:

- **Fever of 100 ° F (38 ° C)**
- **Lightheadedness, dizziness, or feeling faint**
- **Difficulty breathing, shortness of breath, pain with breathing, or chest pain**
- **Increasing pain in leg**
- **Persistent bleeding or excessive swelling in the leg**
- **Progressive area of redness, warmth, blisters, or drainage in the leg**
- **Persistent itching or rash in leg**
- **Lump formations**
- **Leg numbness**
- **Blue or cold feet**

Follow-up Care:

You will be asked to get an ultrasound one week following the procedure and then again one month after the procedure with an office visit.

Physician Contact Information

- **If you have a problem that requires immediate attention, you should go to the emergency room, either at Abington Memorial Hospital or the closest hospital, or call 911.**
- Our office is open Monday through Friday (except major Holidays) from 7:30 AM to 3:00PM. We can be reached at 267-416-9534.
- After 3:00PM, call **215-481-2000** and ask the hospital operator to contact the Interventional Radiologist on-call.

These post operative instructions were reviewed with me prior to discharge, and I understand the expectations of my physician. I understand I must call the office immediately if any unexpected side-effects arise.

Patient Signature _____

Staff Signature _____

Date ____/____/____

Time _____