

La Jolla Vein Care
Radio-Frequency Closure Procedure
After your Procedure

Patient:

Procedure Date:

Follow-up Appointment:

Following the procedure, an adhesive strip called a steri-strip is placed over the incision site, and a compression stocking is applied. An additional ACE bandage may be applied over the stocking as well. Keep the stocking and any additional wrap on for 72 hours continuously. Your stocking may appear to be wet around the treated areas. This is normal, as the local anesthetic that was administered may leak out onto your stocking. You can clean any wet or bloody areas with hydrogen peroxide. You must walk for 20-30 minutes after your procedure prior to getting in your car.

Once the anesthetic wears off, it is normal to feel aching in your leg. It will usually feel better if you walk. Frequent walks for the first few days will help to reduce the risk of blood clots. You may also take ibuprofen or Tylenol for the discomfort. If your leg feels worse as you walk, please call the office.

Please keep your stocking dry and in place for the first 72 hours after the procedure. After 72 hours, you may remove the additional bandage but please continue to wear your compression stocking (during the day only) for ____ week(s). Allow the steri-strip covering your incision site to fall off on its own, in approximately one week. You may shower in your stocking after the first 72 hours. The stocking will dry on your leg in about 30 minutes.

When you take off your stocking(s) do not be alarmed with the appearance of your leg(s). It is normal to see bruising. Initially your leg will be tender and sore, but it will get better within the first couple of weeks after the procedure. A sensation of tightness or pulling is also common and will resolve within a month.

We encourage you to walk at least a half hour everyday for 2 weeks following your procedure. Try to avoid prolonged sitting, standing, or squatting, as well as strenuous activity for 3 days following the procedure. Air travel should be avoided for one week following the procedure as well. Long periods of inactivity are not advised for 2 weeks.

If you have questions, concerns or experiencing severe pain preventing you from returning to your normal activities, redness or warmth along the treated area, shortness of breath, abnormal swelling (mild swelling is normal), or if you develop a fever call our office at **(858) 550-0330**.

By signing below, I understand the after care instructions for the Radio-Frequency Ablation.

Patient Name

Patient Signature

Date

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