

Hamptons Vein & Vascular

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Post Op Radiofrequency Ablation And Microphlebectomy

1. After your procedure, we put your stocking/bandages on. You will wear it for the next 48 hours. After 48 hours you may remove the stocking and the bandages to shower, then put the stocking back on.
2. You will be wearing the stocking for at least two weeks after your procedure. You may remove the stockings at night when you go to bed after the first 48 hours. Wearing these stockings is crucial for your procedure to be successful.
3. You may begin normal activity following your procedure. Light exercising is fine beginning on the second day after surgery with the stocking on. We encourage daily walking including the day of your procedure. No prolonged standing for more than 20 minutes at a time for 3 days after the procedure. Keep your legs elevated when you are resting to decrease swelling in the legs for the first 3 days after the procedure. Do not lift anything too heavy that would cause you to bear weight on your legs.
5. Do not bathe, use hot tubs, swim, or use saunas for 1 week. (showers only)
6. You will have your first follow-up visit including your first ultrasound within a week of your procedure.
7. You will feel some tenderness and pulling in the inner thigh or the calf (depending upon which vein was treated) the first 5-7 days as the treated vein continues to shrink and close. Sometimes the discomfort can last a bit longer. This doesn't mean that there is anything wrong. Having your ultrasound should confirm that.
8. When your vein is treated, fluid is placed around it. Some of the fluid may drip out from the inner thigh or calf (depending upon which vein was treated), for the first day or so.
9. Ice to the inner thigh for the mild pain is helpful the first few days. Start to place Arinca gel on the legs to decrease bruising after 48hrs.
10. Take Ibuprofen (between 400 and 800 mg. at a time) three times daily for two weeks. This is not only helpful for the pain but is necessary for inflammation. If you would develop any stomach upset, you may decrease the frequency you take the Ibuprofen to twice daily or once daily.
11. Resume all other medication that you were taking prior to surgery unless otherwise specified by your surgeon.

CALL OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

1. Prolonged tenderness, redness or warmth along the treated segment
2. Moderate to severe pain, preventing return to normal activities
3. Shortness of breath, chest pain or difficulty breathing
4. Swelling of the entire leg
5. Signs and symptoms of infection, including increased redness, fever, or chills.