



Vascular and Vein Institute of the South
1385 W. Brierbrook Rd
Germantown, TN 38138
901-390-2930

Radiofrequency Ablation Outpatient Instructions

Pre-Procedure Instructions:

- **Hydration is very important!** Please drink at least **64oz** of clear liquids per day, 24 hours prior to your procedure. **NO caffeine** on the day of your procedure.
- Do **NOT** wear compression stockings 3 days prior to your procedure.
- **DO** bring your compression stockings with you on the day of your procedure.
- You may take all medication the morning of your procedure **except** fluid pills.
- You will need someone to drive you home.
- Please inform the office as soon as possible if you take **Coumadin (warfarin), Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban), or any other prescription blood thinner!** This could delay your procedure.
- The procedure itself takes about 1 hour.

Post-Procedure Instructions:

- You will wear an ACE wrap for 48 hours and then resume compression stockings.
- Return to normal activities as tolerable.
- Avoid long periods of sitting or standing for 48 hours.
- Walk at frequent intervals, at least 30 minutes daily.

All procedure times are tentative and subject to change without warning. Due to the nature of surgery that your vascular surgeon performs, emergency surgeries may occur and could affect your time. Although we try to give you an approximate time, this is not a guarantee.

If you have any questions or are not able to keep your appointment, please call our office at 901-390-2930.