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[www.phoenixheart.com](http://www.phoenixheart.com) ICAEL, ICANL, and ACR accredited Facility

PATIENT COPY

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| POST-Operative Instructions for RFA | | |
| **DAY 1:** | | |
| Leave your Compression Stockings & Wrapping under them on for **24 hours** following your treatment. **THIS IS THE ONLY TIME YOU WILL HAVE TO SLEEP IN THEM.** | | |
| **Day 2: After 24 hours after treatment:** | | |
| * You may **REMOVE** your compression stockings or bandages, cotton and **steri-strips.** * Take a shower- Lukewarm water * **Walking is encouraged.** * Put your compression stockings back on until bedtime. (Do not Sleep in them again) | | |
| **NEXT 1-2 Weeks:** | | |
| * For the next **1-2** weeks following your treatment wear your compression stockings **ONLY** during the **DAY**. Remove them at night. You do not need to sleep in them. * **Walk for at least 10 MIN PER HOUR** | | |
| **NOMAL SIDE EFFECTS:** | | |
| * Minor bleeding- Small amount of blood may be present from the injection /access site(s) * Bruising – It is normal to have some tenderness and bruising along the areas where the vein was treated. * Tightness/Pulling- This is a normal feeling due to the closure of the vein. | | |
| **Abnormal Signs/ Symptoms: (Please Contact us Immediately)** | | |
| * **Intense Pain** * **Numbness/Tingling** * **Blood soaked bandages** | * **Excessive swelling** * **Signs of infection/ Fever + Redness** | |
| **Medication to AVOID 48 hours after treatment:** | | |
| * Aspirin (unless taking a daily 81mg Aspirin - DO NOT STOP taking that medication.) * Ibuprofen or other anti-inflammatory medications. **(Tylenol may be used if needed)** | | |
| **Activity to AVOID 48 hours after treatment:** | | **Activity to AVOID 1 WEEK after treatment:** |
| * Hot baths, Whirlpools, saunas or hot compresses * No oils, lotions, creams or powders on legs * Swimming | | * No Lifting over **10Lbs** * No tanning beds or outside tanning/ avoid prolonged sun exposure * Running/ High Impact exercise |
| **FOLLOW UP: PLEASE MAKE SURE YOU RETURN FOR YOUR 1 WEEK + 1 MONTH FOLLOW UP** | | |
| **Contact Information:** | | |
| If you have any concerns, call **(602) 298-7777 (8am – 5pm weekdays).** Call this same number after hours and weekends and our answering service will take your message and page the **On-Call physician.** If you are experiencing a true vascular emergency, call **911** **or go immediately to the nearest Emergency Room.** | | |