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pioneervein.com

Name _____

DOB _____

RADIOFREQUENCY ABLATION (CLOSUREFAST) POST-PROCEDURE INSTRUCTIONS

DAY OF PROCEDURE:

DRESSING:

- Post procedure your leg will be wrapped with a cotton gauze/ACE compression dressing
- The wrap will be tight and firm but should NOT be uncomfortably tight. If it is uncomfortably tight you should unwrap the ACE bandage, leave the cotton wrap in place, and re-wrap the ACE to your comfort.
- Uncommonly, you may see some evidence of bloody drainage on the wrap. If it appears to be enlarging, you should lie down, elevate your leg (foot above the level of your heart) and apply pressure over the area. If this does not stop bleeding after a short time (20 to 30 minutes) notify Pioneer Vein Center Physician.

ACTIVITY:

- Walk for at least 20 min
- When sitting keep your leg elevated
- Do not drive if you have received any sedation
- See below for additional instructions

MEDICATIONS:

- Resume all your home medications the same day of your procedure
- Resume your Anticoagulants such as Coumadin, Xarelto, Eliquis, Brilinta, Plavix etc. **UNLESS YOU PHYSICIAN HAS ADVISED YOU OTHERWISE**

POST PROCEDURE WEEK:

BATHING:

- You may shower the day after the procedure
- Do not soak in a bath for 72 hours

COMPRESSION:

- After showering, put on the compression hose. Compression will either be provided at the office or a prescription for hose will be given. The

compression hose needs to be worn continuously (including at night) for the next 24 hours.

- For the following 2 weeks wear the compression stockings during the day

ACTIVITY & EXERCISE:

- It is important that you walk for at least 20 minutes per day after this procedure, although an hour per day is preferred
- Light exercise like bike riding or gentle aerobics are safe options after 48 hours
- Vigorous exercises, bearing down, squatting, heavy weightlifting (>40LB) should be avoided for one week

PAIN:

- Manageable amounts of tenderness, bruising, and inflammation is expected after this procedure. It is also common for tenderness to increase slightly during your second week of recovery. These symptoms can be safely relieved with the use of over the counter ibuprofen (Advil), acetaminophen (Tylenol), and naproxen (Aleve).

FOLLOW UP:

- You will come in within a week (Usually 2 to 3 days) of each procedure for an ultrasound and wound check
- After your final procedure, we will ask you to come in for a follow up appointment around six weeks later

IMMEDIATELY CALL PIONEER VEIN CENTER OFFICE IF YOU EXPERIENCE:

- Warmth or redness along the treated portion
- Fever over 101°F
- Prolonged tenderness
- Shortness of breath
- Swelling in the treated limb
- Moderate or severe pain that stop you from performing normal activities
- Bleeding that cannot be controlled with moderate pressure
- Please feel free to call with any other questions or concerns

Notes and Additional Orders:
