

POSTOP RADIO-FREQUENCY ABLATIONS WITH OR WITHOUT STAB PHLEBECTOMIES

The following information is being provided to serve as guidelines for you to follow. Your doctor may alter these instructions to meet your specific needs.

BANDAGE AND INCISION

1. Remove dressings/wraps in 48 hours and shower.
2. Once dressings/wraps are removed, wear support hose (prescribed by your physician) during the day hours and remove while sleeping.
3. No tub baths, hot tubs, or swimming pools until 2 weeks from your surgery date.
4. Do not apply creams, powders, lotions, or ointments to your incisions.
5. A small amount of bloody drainage is not abnormal.
6. Bruising around the incisions is not abnormal.

PAIN AND MEDICATION

1. Take the prescribed pain medications with food and as directed.
2. Place ice to incision for 20 minutes at a time. Place a barrier between the ice and your skin, not directly on the skin.
3. Elevate your legs (above the level of your heart) to decrease swelling and discomfort.

DIET

1. Maintain an adequate fluid intake. Drink 6-8 glasses of fluid.

ACTIVITY

1. Take short frequent walks and rest as needed.
2. Do NOT cross your legs.
3. Wiggle your toes and feet often to promote circulation and reduce swelling.
4. Climbing stairs is OK, but take the stairs slowly and one at a time.
5. NO DRIVING while taking prescribed pain narcotics.

NOTIFY YOUR DOCTOR IF YOU HAVE

1. Pain not relieved by your prescription.
2. Increased redness, tenderness, swelling, or drainage at the incision site.
3. A temperature of 101 degrees or more over a 24 hour period.
4. Calf swelling, pain, or tenderness.
5. Your toes below the bandage are numb, discolored, difficult or painful to move, even after elevation.