Post Procedure Care Instructions

Today you underwent one or more of the following procedures: **radiofrequency ablation (RFA), Varithena injection (polidocanol foam), ultrasound-guided foam sclerotherapy,** and/or **ambulatory phlebectomy.** These instructions are important to ensure proper healing and the best possible outcome.

First 48 Hours

- **Walking is strongly encouraged**. Walk at least **10-15 minutes, twice daily** to promote circulation.
- **Try not to remove the bandages** that were applied during your procedure. Wear them continuously **for 48 hours.**
    - If bandages slide down, roll, loosen, or cause significant discomfort, they may be removed earlier.
- **Do not shower or bathe** for the first 48 hours. Keep bandages clean and dry.
- If you do not have a contraindication, you make use of **over-the-counter pain medication** for post procedure discomfort such as Ibuprofen (Advil), Aleve, or Acetaminophen (Tylenol).
- **Driving.** You may drive the same day unless you were given sedating medication or feel unsafe to do so.

First Week

- After bandages are removed, begin wearing **compression stockings during waking hours**.
- Mild to moderate **swelling is common**, especially during the first week.
    - **Compression stockings and leg elevation** can help reduce swelling.
- Avoid **strenuous exercise, running, and heavy lifting.**
- Avoid **prolonged sitting or standing** when possible.
- A **follow-up ultrasound** will be performed **within 7 days** of your procedure to elevate treated veins.

Travel & Activity Guidance

- **Air travel:** short flights are generally safe. For longer flights, discuss timing with your provider.
- When traveling, walk periodically and wear compression stockings.
- Avoid prolonged immobility whenever possible

<u>Call 911 or seek immediate medical attention for:</u>

- Shortness of breath
- Chest pain
- Vision changes
- Severe or sudden headache

Thank you for trusting us with your care! If you have any questions or experience any concerning symptoms, please contact us at **808.850.1892.**