



RADIOFREQUENCY ABLATION (RFA) - PATIENT INSTRUCTIONS

About your procedure:

- RFA consists of inserting an FDA approved catheter into the affected vein under ultrasound guidance.
- There will be a small injection of lidocaine to start an IV into the vein that is to be treated.
- An additional 4-6 injections of numbing solution will surround the vein to protect you from the heat.
- Radiofrequency energy (heat) shrinks and collapses the target vein, creating a seal and occluding the vessel - sealing it shut (ablation).
- Once the bad vein is closed, blood is naturally rerouted to healthy veins which improves venous circulation.

Before your procedure:

- Shower prior to arrival and abstain from applying lotion to the treatment areas on procedure day.
- Wear loose comfortable clothing and footwear. Bring your compression stockings.
- Eat a healthy, nutritious meal. Hydrate well and avoid or minimize caffeine consumption.

After your procedure:

- Wear compression for 24 hours - either the compression bandage applied in the office or your stocking.
- Leave any steri-strips in place for 4 days or until they come off on their own.
- Walking is encouraged. Walk daily for 10-20 minutes until your follow up appointment.
- There are no restrictions on normal activities of daily life.
- Elevating your legs periodically (every 1-2 hours) for 5-10 minutes is beneficial.
- You can shower the day after your procedure.
- Avoid strenuous lifting and exercise for 1 week.
- Avoid flying and long car trips for 1 week following procedures. Discuss travel plans with your provider.
- Avoid swimming, hot tubs, and prolonged submersion of treated legs for 5 days.

What to expect following your procedure:

- Bruising, tenderness, soreness and mild to moderate symptoms are common following procedures.
- Occasionally treated veins can become hardened or inflamed with redness (called phlebitis). While painful, this is not unusual. Treat symptoms with warm compresses, over the counter pain medication, and comfortable compression therapy.
- Use Tylenol and Ibuprofen for symptoms of pain or discomfort.
- A sensation of "tightness", not dissimilar to muscle soreness, can occur 1-2 weeks following the procedure.
- Some may experience a decrease and/or a loss of sensation localized to the treatment area. This is due to nerve irritation (from the heat treatment) and will resolve gradually throughout the healing process.
- You should follow up approximately 1 week following your last procedure with an ultrasound.
- Areas of discoloration and bruising can be treated with lotions containing arnica.

*****You may receive modified instructions based on your individual case, symptoms, and circumstance.**

Please reach out to the office with any questions or concerns at 513-232-2400. ***

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