

Radiofrequency Ablation Post Op Instructions

These instructions are to help guide you in your recovery period. Please follow any specific instructions your Doctor gave you.

Wound Care

- You will go home with dressings and ace wraps /or compression stocking(s).
- After 48 hours remove everything but the skin strips that are directly over the incision(s) and shower.
- After your shower you will need to reapply a compression dressing. If there is any drainage noted from an incision you should place a dry gauze dressing over that area prior to rewrapping your leg.
- To rewrap your leg: you should put your compression stocking on your lower leg and then wrap your upper leg with the ace wrap from just below the knee up to the groin, making sure you have good compression with the ace wrap.
 - ***Dr. Seidman patients: For the next 5 days you are to wear the stocking and ace wrap (as described above) during waking hours, removing them at night and replacing them shortly after you arise in the morning after a shower.
 - ***Dr. Schumacher patients: For the next 12 days you are to wear the stocking and ace wrap (as described above) during waking hours, removing them at night and replacing them shortly after you arise in the morning after a shower.
- Do not submerge your incision(s) for 14 days after your procedure. This includes bath, pools and hot tubs.
- You should remove your steri-strips 7-10 days after your procedure, if they have not fallen off by that time.

Pain Management

- You are encouraged to take 600mg of ibuprofen three times a day for pain and inflammation control for the first 72 hours after surgery.
- If your doctor has prescribed narcotic pain pills, you may take those as needed but the ibuprofen will likely be adequate.
- Remember that narcotic pain medications tend to be constipating, so you should adjust your diet appropriately, drink plenty of fluids and take a daily stool softener.
- **REMEMBER: Do not drive if you are taking prescribed pain pills.**

Activity

- It is important for you to be active after this procedure, so you should be up ambulating regularly.
- Although it is recommended that you be active after your procedure, when you are sitting or resting for longer than 10 minutes should elevate the treated leg.
- If you have to drive long distances during the 72 hours after your procedure, it is recommended you engage in a walking type activity for 5-10 minutes every hour during that drive.
- Please refrain from lifting heavy objects and straining for the first 72 hours after your procedure.
- Follow your surgeons recommendation for returning to work and your normal activities

Problems

Call the office for:

- 1) any questions or concerns,
- 2) fever > 101.5,
- 3) continued bleeding,
- 4) any signs of wound infection, such as redness or swelling around the incision or pus-like drainage from the incision,
- 5) increasing pain