



ERA Post-Procedure Instructions

Radiofrequency Ablation of a Vein *(Please read carefully and keep for your records)*

Wear Your Compression Stockings

- Wear your stockings **day and night for the first 3 days (only removing to shower)** after your procedure.
- Allow the steri-strips to come off naturally. You may remove the Ace wrap after 4-6 hours and place compression wear if you prefer.
- After day 3, you may start removing the compression at night for the remaining 4 days.
- You can remove them at night after day 3 unless your provider tells you otherwise.

Stay Active

- Walk often! Short (3-5 min), frequent walks help with healing and prevent blood clots.
- Avoid standing or sitting for long periods.
- No heavy lifting or strenuous exercise for about 7-10 days.

Manage Discomfort

- Some bruising, tightness, or soreness is normal.
- Take Tylenol (acetaminophen) or ibuprofen if needed (unless your doctor says not to).
- Avoid aspirin unless your provider recommends it.

Take Care of the Procedure Site

- Keep the area clean and dry.
- You may shower after 4-6 hours, but no baths, pools, or hot tubs for at least a week.
- No heavy lifting or vigorous exercise for two weeks following your procedure.
- Prolonged travel is not recommended for 2 weeks. Avoid any flights for 2 weeks, if travel by car is needed, stop to take walking breaks every hour and wear compression wear.

Prevent Blood Clots

- Walking is your best prevention.
- If you notice new swelling, severe pain, or shortness of breath, call us right away.

Follow-Up

- Please come to your follow-up ultrasound and appointment so we can check your healing and make sure the vein is closed.

Treatment of varicose veins involves injecting them with a catheter that introduces heat into the vein. This may cause phlebitis or vein inflammation: prolonged redness, tenderness, and you may feel hard/pulling along the line of the vein. Phlebitis can occur at any time after the procedure. This is normal. This inflammation is important to help the treated vein dissolve. If you are experiencing any discomfort, take OTC medications as needed. Please be diligent with wearing compression hose following procedures. This will lessen the chance for phlebitis or skin discoloration issues. Remember phlebitis (inflammation) is different from infection.

IF YOU HAVE MORE PROCEDURES SCHEDULED PLEASE WASH YOUR ACE WRAP AND BRING TO THE NEXT APPOINTMENT.

When to Call the Office

- Severe pain not relieved by medication
- Excessive swelling or bleeding at the site
- Fever, redness, or warmth around the treated area
- Difficulty breathing

Questions or Concerns?

 Call our office at: 888-783-0111

We are here for you.

Healthier legs, happier life!