



R. Randolph Waterford, MD, FACS, RVT, RPVI  
**Post-Procedure Instructions  
for Radiofrequency Ablation**

1. You will be asked to walk at the office for a few minutes before leaving. If it is necessary for you to travel, please stop and walk around for 5-10 minutes each hour. This muscular activity will help maintain good circulation and empty your leg veins, — lessening the possibility of developing a blood clot.
2. After the procedure, you will have a dressing placed on your leg. Do not get this dressing wet. Please take sponge baths during this time. You may take your dressing off after two days and take a warm shower. After the shower, you will need to place your full length stocking on the treated leg. For the first week, we would ask you to wear the stocking day and night, removing them only to shower. For the next two weeks, we would ask you to wear the stocking at all times during the day, but you may remove them at night and to shower.
3. Avoid strenuous exercise such as high impact aerobics, weight training, or running for 2 weeks. Walking daily is encouraged and promotes speedy healing. We recommend walking for at least 20 minutes, two to three times a day for the first two weeks.
4. Avoid prolonged standing for the first week and elevate your leg for 5-10 minutes periodically throughout the day.
5. We expect you to resume all your pre-procedure activities, including work. We would like you to continue to keep moving and maintain a normal level of activity.
6. Due to the dressing, some swelling of the foot may be present. If this becomes a nuisance you may wrap the foot with an ace bandage. If a "pins and needles" sensation develops that does not abate with elevation, please remove the dressing. If numbness develops, please remove the dressing. If the symptoms improve, replace the stocking on your leg. If these symptoms do not improve, please call the office.
7. In the unlikely event that you notice blood through the dressing, do not become alarmed. This is a minor problem that is easily controlled. First, elevate your leg. Keeping the leg elevated, apply some extra pressure over the area. Elevation and compression are the most important things. It is unlikely that you will need to go to the emergency room for this problem. If bleeding continues or bandages become soaked through, call the office for further instructions.
8. If you notice anything unusual that has not been discussed with you, or if you have any questions or concerns, please call the office. The doctor can be reached for emergencies day or night.
9. Please bring your stocking with you to all office visits.

**Please take note:**

1. After the wraps and dressings are removed, you may notice some swelling, bruising and hardness. This will typically resolve on it's own. Do not be alarmed.
2. If you have taken anti-anxiety medication, please be sure to have someone available to drive you home.
3. Please resume all previous medications. If you are on Coumadin, please resume your specific dosing schedule.
4. Avoid excessive exposure to the sun during the next two weeks.
5. Refrain from swimming in heated pools, whirlpools, saunas or taking a hot bath for at least 2 weeks following the procedure. You may shower and clean your treated leg with warm water.



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**Follow-up:**

1. We would like to see you in our office within 3-5 days of the procedure. If this was not scheduled yet, please call our office to make an appointment.
2. For EVLT patients, a follow-up ultrasound will be performed at this time. Additional venous scans will be performed at 6-8 weeks, 3, 6 and 12-month intervals, and yearly thereafter.

Thank you again for choosing the Waterford Vein Institute of Hawaii. If you have any additional questions or concerns, please contact the office at 808-871-VEIN (8346).