

## *Venous Thermal Ablation (RFA or EVLT) and Ambulatory Phlebectomy*

### ACTIVITY

Walking immediately after the procedure is encouraged

Normal daily activity can be resumed, but **avoid rigorous activity which cause pounding on the soles of feet** (running, tennis, aerobics, jumping).

Do not swim for one week following your procedure.

### INSTRUCTIONS FOR SHOWERING & COMPRESSION STOCKINGS

Wear compression stockings for the first **24/48 hours immediately following** the procedure. Do not shower or disturb the dressing during this time.

**After the first 24/48 hours you may shower** as usual. The dressing may be removed after 24 hours. Also, remove your compression stockings before showering and put them back on after showering.

**After the first 24/48 hours wear the stockings during the day only** and off at night until your return for your follow-up appointment (10 days -2 weeks).

### SYMPTOMS MANAGEMENT

Some mild discomfort may be present for several days after the procedure.

Take Ibuprofen 400 mg (Motrin, Advil) every 6 hours, as needed for soreness.

### WHAT TO EXPECT AFTER THE PROCEDURE

Bruising and soreness along the treated segment of your leg.

### FOLLOW-UP CARE

**Return on** \_\_\_\_\_ **for a 2-week post-procedure Ultrasound and clinic follow-up appointment.**

### WHEN TO CALL

Fever greater than 101.5 or chills.

Worsening redness, soreness or hardness around the incision site lasting more than a few days.

Leg swelling

Call Vascular Radiology Department at (617) 726-8314.

If calling after 4:00 pm, or on weekends, call (617) 726-8314 and follow instructions.



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