

RADIO FREQUENCY ABLATIONS—RFA

POST PROCEDURE INSTRUCTIONS

What to expect after your procedure:

- You may have some localised pain, tenderness and redness in your legs, this is typically managed with regular pain relief you can take simple pain-relieving medications eg: Paracetamol, no more than eight (8) tablets within a twenty-four (24) hour period. Topical ointments such as Hirudoid cream are also beneficial. The ointment should be used twice daily by firmly rubbing the preparation into tender and lumpy changes. These medications are available over the counter.
- Your leg or legs will be fitted with graduated compression stockings, you are required to wear these for a period of fourteen (14) days. These should be worn except when you shower and when you go to bed at night. These aid greatly in recovery.
- Do not use lotion prior to fitting stockings, it is also recommended that you wear the stocking gloves to avoid snagging the stockings.
- You are encouraged to go about normal activities, excluding heavy lifting or exertion
- Some bruising and discolouration is normal, this will fade and disappear slowly.
- There will be areas of firm lumps forming, particularly around the inner thigh and calf. Those will gradually resolve and disappear.

What to avoid after your procedure:

- Do not sit with your knees bent or with your legs crossed at the knee—instead, sit with your legs elevated and flex your feet at regular intervals.
- Do not drive the day of your procedure or until you are pain free and confident to be in full control of your vehicle.
- Do not lift, push or drag anything heavy for at least one to two (1-2) weeks.
- Do not wear constrictive clothing, for example tight jeans or pants.
- Avoid sun exposure to the treated areas, inflammation which can be caused by the injections combined with sun exposure can lead to dark spots on your skin.

What to do:

- Take short frequent walks increasing the distance gradually. Walking and moving your legs is important to prevent the formation of blood clots.

WHEN TO CALL YOUR DOCTOR

Call your doctor if you have any of the following problems:

- You develop a fever

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WHEN TO CALL YOUR DOCTOR CONT...

Call your doctor if you have any of the following problems:

- Weakness or numbness in a leg or arm.
- Severe headache
- Worsening swelling of a calf associated with pain

Please contact either Perth Vascular Clinic or your GP

OR

any hospital Emergency Department if you experience any of the above following your procedure.

Please note: **Opening Hours:** from 8.30am – 4pm Monday to Thursday and from 9am – 12pm on Friday

Should you have any questions, please do not hesitate to contact our office on 9382 9100, or email us at reception@perthvascularclinic.com.au.

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