



PRE AND POST CARE INSTRUCTIONS RADIOFREQUENCY/PHLEBECTOMY ABLATION

If you will be taking the mild sedative Lorazepam and/or Norco prior to your procedure, you will need to arrange to have someone drive you to and from your appointment or your procedure will be cancelled and rescheduled to a different day.

Pre Treatment

- On the day of your treatment please
 - Shower and wash your legs thoroughly
 - Do not put cream or lotion on your legs.
 - Do not wear perfume or cologne.
 - Wear loose fitting slacks or sweats.
- We encourage you to have a small meal 1 to 2 hours prior to your procedure and to stay well hydrated before your arrival time.
- Shave the entire surgical leg the night prior to the procedure.
- (OPTIONAL) Begin applying Dermaka Cream to the abnormal veins 5 days prior to starting treatment to help decrease bruising and discoloration until resolved. This can be purchased at Eterna for \$32. We look forward to seeing you at your upcoming appointment!

Post Treatment

- You will wear your compression stocking for 48 hours, then remove the stocking and bandaids and shower.
- You may resume most of your pre-procedure activities, including work within a few hours.
- We would like you to keep moving and stay active and maintain a normal level of activity.
- Walking is encouraged and promotes speedy healing.
- You will need to wear the stocking 24 hours a day for 1 week.
- 2 days after treatment, start taking Aspirin 81mg twice a day and continue for 1 month after your last treatment.
- Avoid strenuous activities, heavy lifting, HOT tubs, HOT baths, HOT showers and HOT saunas, and prolonged sitting or standing for 1 week.
- Elevate your legs at least 3 times a day for 5-10 minutes for the first week.
- Please do not schedule any trips by plane or car for more than 8 hours.

We want you to be completely happy with your visit to Eterna!
Call the office with any questions or concerns 253.268.3400 or after hours 253.249.6979.

**If you are pleased with the service you received today, we invite you to post a review on
Yelp or Google.**