



## **PRE AND POST CARE INSTRUCTIONS RF (RADIOFREQUENCY) ABLATION**

### **Pre Treatment**

- Shower and wash your legs thoroughly.
- Do not put cream or lotion on your legs.
- Please wear loose fitting slacks or sweats the day of your procedure and bring your stockings.
- 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.
- Start taking 81mg of Aspirin twice a day (24 hours) the day before your procedure and continue taking it for 1 month after your last 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.

### **Post Treatment**

- You will go home and elevate your legs for 2 hours immediately following your procedure.
- You may resume most of your pre-procedure activities, including work within a few hours.
- Walking is encouraged and promotes speedy healing.
- You will wear your compression stocking for 24 hours and then remove the stocking and bandaids and shower.
- You will need to wear the stocking 24 hours a day for 1 week.
- Avoid prolonged sitting or standing for the first week.
- Elevate your legs at least 3 times a day for 5-10 minutes for the first week.
- Avoid strenuous activities, heavy lifting, exercise that involves the core, HOT tubs, HOT baths, HOT showers and HOT saunas.
- No trips by plane or car for more than 8 hours for 2 weeks.

**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.**