



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, bring your stockings (available for purchase here) and a pair of loose fitting shorts.
- 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.
- Please do not schedule any trips by plane or car for more than 4 hours for 2 week before and after 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. 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, removing for showers.
- **2 days after treatment, start taking chewable 81mg (baby) aspirin twice a day and continue daily for 1 month after your last treatment. (Do not take if you are already on a blood thinner)**
- **Do not take Ibuprofen while taking the Aspirin**
- 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 4 hours for 2 week before and after the procedure.

**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 253.466.5011.**

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