



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 (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.
- **Start taking chewable 81mg (baby) aspirin twice a day (24 hours) the day before your procedure and continue taking it daily for 1 month after your last procedure. (Do not take if you are already on a blood thinner)**
- **Do not take Ibuprofen while you are taking Aspirin**
- No trips by plane or car for more than 4 hours for 2 weeks 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.

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, removing it for showers.
- 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 for the first week.
- No trips by plane or car for more than 4 hours for 2 weeks 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.**