



PIH Health Hospital Endothermal Venous Radio Frequency Ablation Post Procedure Instructions

- You may resume your normal daily activities the next day after the procedure.
- Early exercise is encouraged after the procedure and it is beneficial to walk for 20 minutes daily after the procedure for several weeks.
- It is normal to have some post procedure bruising and swelling for up to a week after the procedure. It is normal to have areas of numbness along the leg, usually on the inner thigh, after the procedure, which may last for several months.
- It is normal to have some discomfort or pain in the treated leg for up to (two) 2 weeks, which responds well to Ibuprofen or Tylenol. For extreme pain, please contact the physician who performed the procedure.
- Compression of the treated leg with medical grade compression stockings or ace wrapping is extremely important to promote healing and reduce post procedure pain.
- Ace wrapping or stocking should be thigh high and are to be worn on the treated leg 24 hours a day for (one) 1 week except during showering. After the first week, the stocking or ace should be worn during daytime hours for (two) 2 more weeks.
- A follow up ultrasound or office visit should be scheduled approximately (one) 1 week after the initial procedure. Additional follow up ultrasounds will be scheduled at (one) 1 month, (three) 3 months, and (one) 1 year to closely monitor the treated vein(s).
- Please contact Dr. Yong Park's office at PIH Health Hospital, if you have additional questions or concerns at 562.698.0811, extension 17080.