



FOLLOWING YOUR ABLATION PROCEDURE

- Leave your 20-30mm Hg compression hose in place. Sleep in the hose for the first day. You are only required to sleep in the hose the first night. Wear the hose for the next (8-12) weeks, removing it for bathing.
- The day of surgery - resume activities of daily living. Except DO NOT drive for 24-hours, if taking pain medications.
- You may shower the day after the procedure. Do NOT take a hot bath, do NOT use hot compresses, do NOT use whirlpools or saunas for 30 days.
- You may remove any bandages from the procedure during your first shower.
- Avoid prolonged sitting or standing in one place for the first week. If long distance travel is required, after two hours please stretch and exercise legs for 10-15 minutes.
- Take prescribed medications as needed for pain. Take Voltaren as prescribed (once daily).
- If you are having extreme discomfort or bleeding, notify the office immediately.
- Walk twice daily for 20 minutes. We encourage exercise, as much as your leg allows.
- Several days after the procedure, you may experience some inflammation and bruising on the inner aspect of your thigh. This inflammation and bruising is expected.
- When home, following surgery, keep the leg elevated when sitting. You may experience bruising.

Follow up Appointment: _____

Day: _____ Date: _____, Time: _____ AM PM

Please call (901) 683-1890 with any questions or problems.