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 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 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 for $34.

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 253.249.6979.

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