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VEIN CLINIC RADIOFREQUENCY ABLATION INSTRUCTIONS

Diet:

- Eat normally and drink plenty of water the morning of the procedure. We encourage meals prior to ensure your blood sugar remains stable.
- Avoid caffeine the morning of (including coffee, soda, tea, chocolate, sports drinks) as this constricts the vessels.

Medications:

- Take your daily medications as normal with the exception of your diuretic (Lasix, Furosemide) in which you can hold 24 hours prior to the procedure and restart once procedure is completed under the normal directions.
- Otherwise we do not require you to stop any medications prior to the procedure.

Preparation:

- Have your compression stockings ready to wear the day after the procedure. You will not need to wear them to the procedure.
- Wear loose fitting pants or shorts. Your legs will be wrapped with two layers of bandages.
- No general anesthesia or IV sedation will be used, only a local anesthesia.
- You may drive after the procedure unless otherwise indicated.
- You will be scheduled for the follow up after the procedure for a short ultrasound. Please plan for this and notify the office if you are unable to make it.

Dressing Care:

- Your leg(s) will be wrapped with a cotton dressing and a compression bandage.
- The wrap will be a firm compression but should not be so tight that it is uncomfortable or painful. Please do not unwrap the dressing. It helps control fluid build-up and reduces the risk of a blood clot.
- Leave the wrap on the day of the procedure. You must cover the leg & bandage prior to bathing, it cannot get wet.
- The repeat ultrasound should be done 2-3 days after the procedure. Remove the wrap prior to arrival. Start wearing compression stockings daily for two weeks during the day after the repeat ultrasound.

Activity:

- Once you get home from the procedure, you may be up as much as you desire. When lying down, elevate your leg(s). We discourage prolonged sitting or standing in one position.
- After the first day we encourage activity, especially walking.
- You may resume jogging or running after two weeks.

What to Expect:

- Pain should be minimal. It is not unusual to have some tenderness down the course of the vein with some redness as well. If this happens, apply a heating pad and increase anti-inflammatories medications as needed (Aspirin, Ibuprofen or Advil).

Notify Physician:

- If pain is not relieved by Aspirin, Tylenol or Ibuprofen/Advil.
- If you notice significant swelling in ankles/toes, or if chest pain or shortness of breath develops.

Questions / Cancellations:

- Non-emergent office hours are 9:00AM to 4:30PM Monday through Friday. Please call 972-985-8838 and leave a detailed voicemail as needed. After hours urgent calls, please contact the clinic answering service to page the physician on call at 972-985-8838. If needing to cancel, please notify our office at least 48 hours prior to the scheduled procedure for rescheduling and to avoid a possible cancellation fee.