



Postoperative Instructions Radio Frequency Closure and Microphlebectomy

1. Keep dressings dry and intact for the next 48 hours. Rest with your legs elevated above your heart as much as possible. Re-wrap the Ace bandages if they loosen.
2. After 48 hours, remove outer ace bandages and gauze bandages underneath. Individual incisions are covered with sterile-strips (medical tapes). These should be left intact and will fall off themselves. You may shower at this point and gently pat dry the incision areas. The Steri-strips will fall off themselves after they get wet several times. Swelling, bruising and discoloration is expected and will slowly fade over the next 4-6 weeks.
3. For the first 7-10 days after surgery, limit standing. Walk as much as possible. NO vigorous exercise. Avoid sitting in a straight back chair with your feet on the floor. Elevate your legs, ideally above your heart, as much as possible. There is a tendency for the legs to swell and this can affect wound healing so take it easy! To help prevent swelling, you should wear the large ace wraps from the foot to the thigh level as much as possible when out of bed.
4. Take a single aspirin daily. Extra strength Tylenol may be taken every four hours for discomfort. A prescription for a stronger pain reliever will be provided and should be taken as needed, following directions on the bottle.
5. Make an appointment for an **Ultrasound**, with my office **48 hours** after your procedure. Call (631) 246-8289. **Then see me in 1-2 weeks after the surgery.** At that time we can arrange to obtain elastic support stockings that may prevent recurrent varicose veins if you wish.
6. Complete wound healing takes over 6 months. Your incisions will be raised and discolored for several months, but will slowly improve and fade. Direct sunlight is bad for any healing wound and can cause discoloration and worsen scarring. To get the best cosmetic results, cover your legs or use a strong sunblock (SPF 30 or greater) when you go into the sun.
7. Do not hesitate to call the office (631) 246-8289 with any questions or concerns. Should you experience severe pain, high fever (greater than 102.0°F), or note significant drainage, bleeding or redness from the wounds, call or just come in to the emergency ward.