



Grace Medical Skin and Vein Centre

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Radiofrequency Ablation and Sclerotherapy

Pre Treatment Instructions

Prior to your Radiofrequency Ablation (RFA) and Sclerotherapy procedures, we recommended following the below key points to maximise the procedure benefits.

- » It is recommended that hormone and contraception medication is ceased four (4) weeks before your treatment begins until four (4) weeks after your last treatment. Both Oestrogen and Progesterone have been implicated to increase risk of developing Deep Vein Thrombosis (DVT). Please discuss this further with the doctor for alternative methods and/or clarification.
- » Please cease multivitamins, herbal remedies, fish oil, garlic and ginko supplements a minimum of four (4) weeks prior to your treatment. This can be commenced four (4) weeks after your last treatment.
- » Please avoid self-tanning or professional tanning solutions and solariums at least four (4) weeks prior to treatment.
- » Please cease Minocycline; an antibiotic used to treat acne and other associated skin conditions, two (2) weeks prior to treatment as it may cause discolouration.
- » For your own comfort, it is advisable to bring in a change of underwear as products may spread and stain your clothing during the procedure.
- » Please arrive at your treatment appointment well hydrated, and bring along a driver if you are using sedative medications.

Post Treatment Instructions

- » You are required to wear your compression stockings (available from our practice) after your treatment, **please ensure you have these with you on the day of your treatment, for both your ablation and sclerotherapy treatments.** Wearing compression stockings minimises the risk of developing DVT and is utilised to relieve treatment discomfort, heal ulcers, and increase the effectiveness of sclerotherapy treatment. **You may wear your stockings in the shower and wash with soap.** You may remove the compression stockings during sleep if there is discomfort. **You are required to wear your compression stockings for 7 consecutive days post procedures.**
- » You are required to go for a thirty (30) minute walk after all treatments and continue each day for one week post treatments. Walking uses the calf muscles in your legs which assists in easing aches and helps relieve pressure in your treated veins, please do not confine yourself to bed rest.
- » Mild exercise, everyday house duties and lifestyle are permitted although please avoid high endurance sports such as running, cycling, weight lifting and the like of.
- » Do not travel for long distances (five hours or more). If you intend to drive for period greater than two (2) hours or planning to fly within two (2) weeks, please discuss a travel plan with the doctor.
- » If you experience discomfort or pain after treatment, you may take Nurofen as directed by the doctor and try going for a walk.
- » **If you develop serious pain, swelling of the calf that cannot be relieved by the above instructions, please contact our practice or Dr Preshy Varghese if after hours. If you are unable to reach either the practice or Dr Preshy Varghese, please present to your local emergency department or contact triple zero (000).**

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