

# Lake Heart Specialists

## Heart and Vascular Diseases

731 S. IL 21, Ste. 110  
Gurnee, IL 60031  
847-360-8440  
847-360-8468 fax

**Fahd Jajeh, MD, FACC**  
**Robert Koch, D.O., FACC**  
**Charles Jaffe, DO, FACC**  
**Maher Nahlawi, MD, FACC**  
**Raymond B. Chow, MD, FACC**  
**Benjamin Rojas, DO**

1870 W. Winchester, Ste. 241  
Libertyville, IL 60048  
847-549-0170  
847-549-0172 fax

Thank you for choosing Lake Heart Specialists for your Radiofrequency Ablation! Careful attention to this information will help optimize your final outcome. Please follow these simple instructions in getting ready for your procedure:

- In addition to the medication(s) prescribed to you by Dr. \_\_\_\_\_, pick up Benadryl® 25mg capsules (you will need two). **BRING THESE MEDICATIONS WITH YOU ON THE DAY OF YOUR PROCEDURE;** they will be administered in the clinic.
- Eat a lighter breakfast or lunch (whichever is closest to your procedure).
- Take two tablets of a preferred over-the counter pain medication, such as Tylenol®, Advil® or Aleve®, with the meal closest to your appointment.
- Drink plenty of fluids the day before and day of your procedure.
- Shower with antibacterial soap and refrain from applying any lotions.
- Wear loose, comfortable clothing and shoes.
- You must have an adult relative/friend drive you home after your appointment. *While the procedure will not impair your ability to walk, the local anesthesia, sedative and wrapping of your leg makes it difficult to drive immediately following your procedure.*

### **POST PROCEDURE:**

- You are encouraged to walk as much as you can, this will help the leg's recovery process
- You may remove the bandage after 24 hours. Please leave the thin tape strips in place (5-7 days).
- You may shower after 24 hours.
- Please refrain from submerging the leg in water (swimming, using a hot tub) all together for 1 week
- Please refrain from vigorous gym exercise or running for 72 hours following your procedure.
- Avoid long distance travel (more than 2 hours by car, bus or airplane) for 2 weeks following your procedure.
- Avoid exposure to excessive sun for 2 weeks following your procedure.
- Do not lift anything heavier than 10lbs for 3 days beginning the day of your procedure.

It is normal to experience bruising, soreness and a tightening sensation in the 2-3 week period following treatment. You may notice a small amount of pink seepage on the dressing; this is to be expected. You can take over-the-counter pain medications as needed for discomfort. You will need to wear your compression stockings during the day, removing them when you sleep. *If you work night shift, wear them at night and remove during the day.*

It is **mandatory** that you have a follow-up ultrasound 3 days following your treatment. You will also be given a follow-up appt with Dr. \_\_\_\_\_ for 2-3 weeks after the procedure. *That's 3 appointments total!!*

**Please note that cancellations of this procedure received less than 48 hours in advance will result in a \$200 cancellation fee!**

**If you have any questions and/or problems, please call:**

**Susan, RN 847-549-0170 x115**