



U WELLNESS
SURGICAL

Post Operative Instructions for Radiofrequency (RF)

Dear Patient,

Following your RF ablation procedure, please adhere to the following postoperative care instructions to ensure proper healing and optimal results:

Post-Procedure Checklist:

- Return to normal activities
- Avoid prolonged sitting or standing for **14 days**
- Refrain from strenuous activities and heavy lifting for **14 days**
- Ambulate frequently — walk **10–15 minutes every hour** while awake
- After Ace wraps are removed, wear **compression stockings for 2 weeks**
- Attend your **Follow-up Duplex Scan** within 72 hours – Date: _____
- Follow-up office visit: _____
- Pain Medication: _____

What to Expect

It is normal to experience:

- Mild tenderness
- Bruising along the treated vein These symptoms usually resolve within a few days.

Thank you for following these instructions. Your healing and comfort are important to us. Please reach out with any questions or concerns.

Sincerely,

Dr. Ran S. Kim

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