Thyroid Radiofrequency Ablation (RFA)
Post-Procedural Instructions

Activity
- Rest for the remainder of the day and as needed, it is normal to feel flu-like symptoms/general body aches for a few days.
- No heavy lifting (over 10 lbs.) or strenuous activity for 7 days.
- If you took a sedative for the procedure, do not drive, operate heavy equipment/machinery, or make any important decisions for 24 hours.

Diet
- You may resume your usual diet
- Drink plenty of fluids

Medications
- You may take your usual pain medication (Ibuprofen/Tylenol) if you have any discomfort

Procedure Site Care
- You may remove the Band-Aid or dressing after a few hours and take a shower.
- No soaking in a bathtub for 48 hours

Call The Doctor Who Ordered Your Procedure:
- To schedule a follow-up appointment, or for any questions or concerns
- For lab order prior to your follow up visit

Seek Immediate Medical Attention For:
- Redness, tenderness, swelling, or drainage from the procedure site
- Chills or temperature above 101 degrees
- Dizziness, nausea, vomiting

Dr. Smith Emergency Pager Number: 123-223-8866