

Dr. Your, Physician M.D.
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YOUR LOGO
Endocrine clinic

4801 Your Address Blvd., Suite 280
Los Angeles, CA 90010

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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