



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Wearing compression stockings after your procedure

Information for radiofrequency  
ablation patients.

Patient information

## Why do I have to wear stockings after my procedure?

Compression stockings after this surgery are used to keep the treated vein, or veins, compressed until they are healed. This is a part of the radiofrequency ablation treatment and is vital for a good outcome.

## How long do I have to wear the stockings?

- 1. For the first 48 hours after your operation:** Please keep your stockings on for 48 hours after your operation. You can take them off after this and have a shower. Soak the dressings on your legs until the dressings can be taken off. Then put on clean stockings.
- 2. For two weeks after your operation:** Please wear your stockings all day and all night. You can take them off to wash.
- 3. For two weeks after this:** Please wear your stockings in the daytime only. This is from when you get up in the morning, to when you go to bed.
- 4. After week four:** Stockings are no longer needed.

The stockings must be kept wrinkle-free at all times. This is to prevent damage to your skin.

## How should I care for my stockings?

Stockings should be hand washed to avoid damage to the elastic. Do not tumble dry.

## Who can I contact for further help or advice?

If you have any questions or queries please contact:

Outpatients Department,

Lewes Victoria Hospital **01273 402512**

**This leaflet is intended for patients receiving care  
in Brighton & Hove or Haywards Heath**

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