Post-Thyroid Radiofrequency Ablation (RFA) Care Instructions for Patients

Dear Patient,

We at Utah Endocrinology Associates appreciate your trust in us for your thyroid care. Now that you have undergone a thyroid radiofrequency ablation (RFA) procedure, we want to ensure you have all the information you need for proper post-procedure care. Please follow these instructions closely to ensure a smooth recovery and optimal results.

1. Immediately after the procedure:
   - Rest for at least 30 minutes to an hour before leaving the clinic. This will allow the anesthesia to wear off and help minimize any discomfort or dizziness.
   - Arrange for a friend or family member to drive you home, as you may still feel drowsy from the sedation.

2. Pain management:
   - You may experience mild pain, swelling, or discomfort around the treated area. This is normal and should subside within a few days.
   - Over-the-counter pain relievers such as ibuprofen or acetaminophen can help manage pain. Follow the recommended dosage on the label and consult with your doctor if you have any questions or concerns.

3. Wound care:
   - Keep the puncture site clean and dry. You may gently clean the area with soap and water, but avoid scrubbing or applying harsh chemicals.
   - Apply an adhesive bandage or gauze over the puncture site to protect it from infection. Change the dressing daily or if it becomes wet or dirty.
   - Avoid submerging the puncture site in water, such as in a bathtub or swimming pool, for at least one week.

4. Activity restrictions:
   - Avoid strenuous activities, heavy lifting, and vigorous exercise for at least one week following the procedure.
   - Gradually return to your normal daily activities as tolerated.

5. Follow-up appointments:
   - Attend all scheduled follow-up appointments with your endocrinologist. These appointments are crucial for monitoring your progress and ensuring the success of the treatment.
   - If you have any questions or concerns between appointments, don't hesitate to contact our office.

6. When to seek medical attention:
   - If you experience any of the following symptoms, contact your endocrinologist immediately or go to the nearest emergency room:
     - Severe pain that does not improve with over-the-counter medications
     - Increased swelling or redness at the puncture site
     - Pus, foul odor, or warmth around the puncture site
     - Fever or chills
     - Difficulty breathing or swallowing

We hope these instructions will assist you in your recovery journey. Remember, your well-being is our top priority. Please don't hesitate to reach out to our team at Utah Endocrinology Associates if you have any questions or concerns.

Wishing you a smooth and speedy recovery!

Sincerely,

The Team at Utah Endocrinology Associates

