



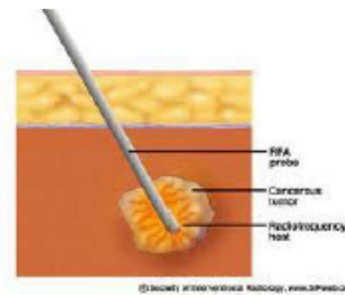
## MICROWAVE ABLATION DISCHARGE EDUCATION

### **Information:**

Microwave ablation is a treatment that uses microwave energy to heat and destroy cancer cells. Probes are placed into the tumor which heat the surrounding tissue and destroy the cancer cells. The number of probes used is dependent on the size of the tumor. This procedure is done under anesthesia (patient is asleep during this procedure) and CT (Cat Scan) guidance. Depending on the size of the tumor, a microwave ablation can shrink or kill a tumor. This procedure can often be repeated if the cancer comes back (recurs), or if the tumor has an incomplete response.

### **What should I expect after the Radiofrequency ablation?**

- Often a one night stay in the hospital is required post procedure for observation and pain control.
- Pain post procedure may last up to 5-7 days, tapering in intensity. This usually does not require more than a few days of prescription pain medicine and many patients only use over the counter pain medication.
- Do not plan anything active or requiring your close attention for the first few days following discharge from the hospital. If you work, you may return as soon as you feel able. Most patients do not need more than 2-3 days away from work.
- There are no dietary restrictions specifically due to this procedure. If you had restrictions prior due to other treatments or diseases such as diabetes, cardiovascular disease, or renal disease, continue with these.



### **Bathing & Wound Care:**

- It is okay to shower 24 hours after the procedure. Gently wash the catheter insertion site with soap and water, do not scrub only after 3 days post procedure. Do not bathe or soak in water for 3 days following the procedure.

### **Follow-up visit information:**

Call your primary doctor after discharge for a follow-up appointment if you don't already have one. Follow up with Interventional Radiology is not routinely necessary **with follow up imaging depending on the targeted region.**

### **Occasionally, a situation will require prompt attention and an emergency room visit is necessary:**

- Your treatment site starts bleeding and will not stop after 10 minutes of firm pressure
- You have shaking chills or a temperature over 102°F
- Sudden shortness of breath
- Severe, worsening abdominal pain
- Jaundice (yellowing eyes and skin)



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**If you received Conscious Sedation (IV sedation) or General Anesthesia:**

- You must have someone drive you home when you leave the hospital if it is less than 24 hours post procedure.
- For 24 hours after your procedure, do not do anything where you need to be mentally alert. This includes making important decisions, operating machinery, signing important papers, etc.
- Eat light for the first 24 hours, and then start eating more as you are able. Drink plenty of fluids.
- Sore throat or mild “hang over” type feeling for a day or two from the general anesthesia. This may include mild nausea.
- If you are taking pain medications:
  - Take as directed
  - Do not drink alcohol while taking narcotic pain medication
  - Do not drive
  - If you are constipated, drink more fluids and eat more fiber. You can also use an over-the-counter stool softener.

**For any questions please contact Oregon Interventional Radiology at 541-618-5801**

**In all emergency situations call 911**