

**Post-Operative Instructions Following**

**Ambulatory Phlebectomy Procedure**

**Activity:** No significant limitations are required after surgery, however no strenuous activities such as running, jumping or squatting for a week. You may do all essential activities, such as going to the bathroom or walking around the house. Wearing your stockings daily and occasionally elevating your feet will minimize the swelling, bruising and pain. You may drive your vehicle the day of your surgery unless you take sedatives.

**Dressings:** Please wear your compression bandage or stocking for the first 24 hours after the procedure. The compression bandage can be rewrapped if it becomes loose or uncomfortable. The compression bandage should extend from your foot to the groin with the similar tension originally applied. It will reduce swelling, bruising and pain. After removing your compression bandage you may shower using a mild soap, and gently pat dry the steri-strips with a clean towel. Immediately after the shower, it is essential that you reapply your compression stockings for the next 2 weeks (day light hours only). **No tub bathing** or soaking is allowed until the 7th day after the procedure. You may not use a hot tub, steam room, sauna or any other similar device until the 7th day after the procedure.

**Pain Control:** Pain and tenderness is expected, especially at the incision sites. Over-the-counter analgesics (such as Ibuprofen, no products containing aspirin) are sufficient for most people after the procedure. You may apply intermittent ice for the first 24 hours after the procedure.

**Bleeding and/or Drainage:** It is normal to expect some bleeding and/or drainage from the incision sites in the first few days. If you are soaking through your dressing you will need to elevate the leg, apply ice and firm/direct pressure to the area for at least 20 minutes. You may need to return to clinic for re-dressing.

**Expected Course:** You may experience; some bruising, discomfort/pain, a tightening sensations, mild swelling, firmness or “lumpiness” under the skin and discoloration of the skin. You will find that walking will help alleviate the tightness and we encourage you to walk for short periods frequently throughout the day. These side effects should gradually improve and resolve with time.

**Bruising:** It is common to have extensive bruising at the incision sites and along the vein path. This should generally resolve in 2-3 weeks. Any redness or warmth might suggest a superficial skin infection or thrombophlebitis, if this is found please contact the office.

**Stitches:** There are none. Steri-Strip bandages will be underneath. They are approximating the edges of your small skin incisions. The Steri-Strips should be removed after 7 days. Occasionally, the Steri-strips will fall off when showering; this is not a cause for concern. Please cover the incision with a standard bandage.

**Follow- up Appointments: You will need to come back to the office within one week after the procedure to be evaluated by the physician or PA.**

**Problems:** Please contact the office, if you have any questions or problems. If you at any time experience chest pain or shortness of breath, please seek immediate evaluation at an emergency room. Otherwise, if you develop severe or worsening pain, increasing swelling, fever greater than 101 degrees, unusual leg function or sensation, increased leg discomfort with use, skin breakdown or infected drainage (pus) please call the office immediately.

*813-944-0668*

**Please Note**

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