



POST- PHLEBECTOMY INSTRUCTIONS

MEDICATIONS

- Take Advil or Motrin, 400 mg, three times a day as needed for pain, for up to two weeks after the procedure is performed.
- Resume all other medication that you were taking prior to procedure unless otherwise specified by your physician.

ACTIVITY LEVEL

- Ambulation instructions: 10 minutes an hour per day while awake for the next 5 days.
- Aerobic activity and other forms of exercise (such as walking/running, Zumba, Yoga, Pilates, etc) may be resumed as soon as 4 - 5 days after the procedure as long as you feel comfortable doing so.

WOUND/LEG CARE

- Leave the Ace- wraps or compression hose on for the next 48 hours following the procedure and keep the wrap dry. If the bandage seems too tight, elevate the leg to decrease swelling. If it continues to be uncomfortable call your physician. After 48 hours, remove the bandage/stocking and you may shower.
- Do not soak your wounds in a bath tub, hot tub, or swimming pool for 2 weeks.
- Wear compression hose daily for two weeks (may remove during night time).
- It is normal to experience some tenderness and possibly bruising along the treated areas where local anesthesia was administered. Use warm compresses for 5 minutes, five times a day over the tenderness area or as otherwise instructed by your doctor.
- You may notice some "lumps" after the procedure. These may or may not be tender. They are segments of residual veins with superficial clots that are not dangerous and will resolve. Massage and apply warm compresses to these areas several times a day.
- If you experience oozing/bleeding through your bandages, apply pressure with gauze using 2 fingers and lie down with your legs elevated. Reinforce your bandaging if necessary. This will stop the bleeding almost always. If there continues to be bleeding call your physician or the ambulance

CALL DR. _____ at _____ IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING OR GO TO THE EMERGENCY ROOM:

- Prolonged tenderness, redness or warmth along the treated segment
- Moderate to severe pain, preventing return to normal activities
- Significant bleeding
- Swelling of the entire leg

Tel: 1.844.77.VEINS (83467) | *Tel:* 805.653.5312 | *Fax:* 805.653.5248

www.CenterForVeinWellness.com