

HOME INSTRUCTIONS FOR AMBULATORY PHLEBECTOMY

COMPRESSION STOCKINGS:

- Sleep in your compression stockings for the first three nights (72 hours) after your procedure. You may remove them the following morning to shower if needed. Sponge bathing is preferred to try to not get the dressing saturated.
- After the first three days only wear compression stockings during the day for the next **two weeks**
- WASH YOUR COMPRESSION STOCKINGS AS NEEDED AND HANG DRY.

PROCEDURE AFTERCARE:

- You may remove all bandages **3** after your procedure **except** for the steri-strips. The steri-strips will loosen after 5-7 days and begin to fall off.
- If you should develop bleeding from the incision site, apply 10 continuous minutes of pressure with your finger directly over the spot. **If you are having extreme discomfort and/or bleeding notify the office immediately.**
- Drink plenty of water.

EXERCISE/ HEAVY LIFTING RESTRICTIONS:

- Walk for a **minimum of 40 minutes** daily (starting the day after your procedure) to promote healing and prevent clot formation. More than 40 minutes of walking is encouraged
- **Avoid** strenuous exercise that may exert excessive pressure on the newly closed veins, such as aerobics, weight training, or abdominal workouts for 7 days. You may start low-impact exercises such as treadmill, elliptical, light bicycling, or brisk walking the day after procedure.
- **Avoid** any heavy lifting over 40 lbs., pushing, or straining for 1 week after treatment.
- **For the initial 72 hours following the procedure, avoid precipitating factors.** These factors include too hot of a shower, bath, hot tub, sauna, or tanning which can dilate the veins. It is preferred to sponge bathe following procedure.

TRAVEL RESTRICTIONS:

- **Avoid** air travel for 10 days or prolonged car trips for 72 hours following the procedure. If you need to sit in the same position for more than one hour, take a short walk, or if unable, try repeated calf muscle contractions.
- Wear compression stockings during car or air travel for at least six weeks after procedures.

SWIMMING/SUNBATHING RESTRICTIONS:

- **Avoid** swimming or hot tubs for 7 days.
- **Avoid** direct sun exposure for 4 weeks. When out in the sun, use sunscreen with a SPF of 50 over the affected areas. This will decrease the chance of permanent skin staining over the treated areas.

POST-PROCEDURE MEDICATIONS:

- Please tell us if you have an allergy or intolerance to any medications or a history of peptic ulcer disease, gastric reflux gastritis, stomach or intestinal bleeding
- Resume your normal home medications.
- **Arnica Montana** is a homeopathic natural anti-inflammatory which is highly recommended. Helps speed the healing process while preventing excessive bruising.

RECOMMENDED PAIN MEDICATIONS (if needed):

- Acetaminophen (Tylenol): 325-500 mg; 1-2 tablet(s) every 6 hours, as needed
- Ibuprofen (Advil/Motrin): 200 mg; 3 tablets 3-4 times a day with food, as needed
- Naproxen (Aleve): 220 mg; 2 tablets two times per day (every 12hrs) with food, as needed

****DO NOT DRIVE FOR 24 HOURS, if taking any prescription sedatives or narcotic pain medicine.**

WHAT TO EXPECT

- ✓ Mild pain in the leg in the area of treatment. We expect most patients will return to their normal day to day activities including returning to work. Some patients find it helpful to take one day off.
- ✓ Bruising and inflammation (redness, mild swelling, tenderness and some tightness or hardness) of skin is common overlying the treated vein. It is common to feel a band-like tightness 2-10 days after the procedure and is normal healing.

Please call if you need any assistance 203-426-5554