

South Bay Vascular Center & Vein Institute

PREMIER CENTER OF EXCELLENCE

You have undergone an ambulatory phlebectomy (removal of varicose veins) on your right/left leg . You have no stitches, but do have little strips covering the puncture sites. Your leg has been wrapped in gauze pads, gauze wraps and ace wraps.

POST-OPERATIVE INSTRUCTIONS : PHLEBECTOMY

AFTER YOU GO HOME :

- For the first 3 days, leave your ace bandages on. Do not remove them at any time.
- After 3 days, begin to wear compression stockings daily for 11 days. Remove them at night to sleep.
- If you have pain or discomfort, please take one of any over-the-counter Tylenol, Ibuprofen, Aleve or Advil..
- Continue to take all medication you were taking before surgery.
- Do not drive, drink alcohol, or make any major personal or business decisions for 24 hours if you had pre-medication.
- You should have a responsible adult with you for 24 hours.

Call you doctor if you have continuous bleeding from any puncture sites or if your temperature is greater than 102° F.

AFTER THE FIRST 24 HOURS :

- Continue to elevate legs when sitting down.
- Walk as much as possible with ace bandages or support stockings on.
- May drive after 24 hours if comfortable only for short distances.
- No lunges, squats, swimming or weight-lifting with the lower body for 2 weeks. Weight-lifting with the upper body is fine.
- After 72 hours, you may remove all bandages except steri-strips (small strips of tape) and shower (no bathing or soaking in water). Then wear your compression hose during the day only for 11 more days.
- Call doctor if you have marked redness or warmth at the incision site.

AFTER TWO WEEKS :

- All steri-strips may be removed.
- If you are out in the sun, put greater than 30 SPF sunblock on exposed incisions for one year after surgery.

- You may immerse leg in water.

FOLLOW-UP APPOINTMENT

Please schedule a post-op appointment to see us in 2 weeks.