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pioneervein.com

Name _____

DOB _____

PHLEBECTOMY

POST-PROCEDURE INSTRUCTIONS

DAY OF PROCEDURE:

DRESSING:

- Post procedure your leg will be wrapped with a cotton/ ACE compression dressing
- The wrap will be tight and firm but should NOT be uncomfortably tight. If it is uncomfortably tight you should unwrap the ACE bandage, leave the cotton wrap in place, and re-wrap the ACE to your comfort.
- Uncommonly, you may see some evidence of bloody drainage on the wrap. If it appears to be enlarging, you should lie down, elevate your leg (foot above the level of your heart) and apply pressure over the area. If this does not stop bleeding after a short time (20 to 30 minutes) notify Pioneer Heart Vein Clinic physician

ACTIVITY:

- Resume normal activities
- Walk for at least 20 min
- When sitting keep your leg elevated
- Do not drive if you have received any sedation
- See below for additional instructions

MEDICATIONS:

- Resume all your home medications the same day of your procedure
- Resume your Anticoagulants such as Coumadin, Xarelto, Eliquis, Brilinta, Plavix etc. **UNLESS YOUR PHYSICIAN HAS ADVISED YOU OTHERWISE**

POST-PROCEDURE WEEK:

BATHING:

- You may shower the day after the procedure
- Do not soak in a bath for 72 hours

COMPRESSION:

- After showering, put on the compression hose. Compression will either be provided at the office or a prescription for hose will be given. The compression hose needs to be worn continuously (including at night) for the next 24 hours.
- For the following 2 weeks wear the compression stockings during the day
- You are strongly encouraged to walk for atleast 20 minutes every day

ACTIVITY & EXERCISE

- It is important that you walk for at least 20 minutes per day after this procedure, although an hour per day is preferred
- Light exercise like bike riding or gentle aerobics are safe options after 48 hours
- Vigorous exercises, bearing down, squatting, heavy weightlifting (>40LB) should be avoided for one week

PAIN:

- Manageable amounts of tenderness, bruising, and inflammation is expected after this procedure. These symptoms can be safely relieved with the use of over the counter ibuprofen (Advil), acetaminophen (Tylenol), and naproxen (Aleve).
- If the pain is not controlled by analgesics, please call Pioneer Heart Vein Center

DRESSING:

- The ACE and cotton dressing may be removed the next day
- You should expect noticeable bruising in the area of the phlebectomy sites
- You will see steri-strip tapes over the incisions. If they become displaced, you can replace them with an ordinary Band-Aid. If not, please leave the steri-strips in place for 7 days.
- You may notice some oozing of small amounts of blood after you remove the dressing – especially if you shower. This will stop with elevation of the leg and a short period of pressure over the site.

FOLLOW UP:

- You will come in within a week of each procedure (Usually 2 to 3 days) for an ultrasound and wound check
- After your final procedure, we will ask you to come in for a follow up appointment around six weeks later

IMMEDIATELY CALL PIONEER VEIN CENTER OFFICE IF YOU EXPERIENCE:

- Warmth or redness along the treated portion
- Fever over 101°F
- Prolonged tenderness
- Shortness of breath
- Swelling in the treated limb
- Moderate or severe pain that stop you from performing normal activities
- Bleeding that cannot be controlled with moderate pressure
- Please also feel free to call with any other questions or concerns

Notes and Additional Orders:
