



# **The Institute for Vascular Medicine**

[www.cntradvancedmed.com](http://www.cntradvancedmed.com)

[www.petersonsurgerycenter.com](http://www.petersonsurgerycenter.com)

## **Ambulatory Phlebectomy**

### Post- op Instructions

You will need to keep the dressing and stocking in place for 3 days. This dressing **MUST** stay dry. Please cover the leg with a large plastic bag for showering. You should remove the dressing and shower or bathe after the 3<sup>rd</sup> day.

When you remove the dressing, Steri-Strips will be covering small wounds. Leave the Steri-Strips on for an additional 3 days, if possible, and then remove the Steri-Strips while bathing.

After your dressing is removed, reapply the compression stocking. You are to continue to wear the stocking during the day; however you may remove it at night. The stocking should be worn for at least 2 months as much as possible during the day. Remember, the more you wear the compression stockings, the better result you will see long term.

You may have areas on your dressing where blood has soaked through. Some bleeding or oozing is normal. **DO NOT BE ALARMED**. If the bleeding continues and your dressing becomes soaked, apply pressure, elevate your leg and call our office. You may need to return to the office for dressing change.

You may have some discomfort following surgery. We **STRONGLY** recommended that you take ibuprofen (Advil or Motrin) every 6 hours for 2-4 weeks, even if you are not experiencing any discomfort. This will reduce the swelling and aid in the recovery process. Avoid aspirin, as it may cause bleeding. If you are having extreme discomfort or bleeding, notify our office immediately.

You should resume all of your pre-procedure activities, including work, the following day. We would like you to continue to keep moving and maintain a normal level of activity. Avoid strenuous exercise such as aerobics, weight training, bicycling, or running for 2 weeks, walking daily is encouraged and promotes a speedy recovery. Avoid prolonged sitting or standing for the first week.

You will need to make a follow-up appointment for the following week.

Feel free to contact our main office if you have any questions.