

Ambulatory Phlebectomy Discharge Instructions

1. Following the procedure, you should watch for signs of infection, which include: redness, elevated temperature, or discharge from the incision site. It is normal for these incisions to weep blood or fluid for the first few days. You may also notice “lumps” around the incisions. These will resolve in 3-4 weeks, sometime longer.
2. Following the procedure we encourage walking with periods of resting and elevation of the legs. Avoid prolonged periods of sitting or standing.
3. You may resume normal light activity immediately (stairs are fine). After two days, you can slowly progress back to more strenuous activity; however, you should avoid heavy lifting, running, stooping, straining, or other vigorous activities for approximately one week following the procedure.
4. Compression bandages or stockings should be worn day and night for at least 48 hours after the procedure. The incisions should be kept dry for 48 hours. No soaking incisions (hot tub, swimming, bathing etc.) for 10 days. The compression stocking should then be worn for an additional 5 days (not at night) following the procedure. It is important to wear the stocking to help with healing. If the stocking is too tight around your foot, avoid drying the stocking in the dryer. You may also stretch the stocking at the foot. Steri-strips need to be left in place for at least 1 week. You may remove them when they begin to come off on their own.
5. Ice packs applied over the treated area may help to relieve discomfort for the first 48 hours following the procedure. **Apply ice for 20 minutes at a time, 3-4 times a day for the first 2 days. This will help to decrease pain, swelling, and bruising. After the first 2 days, you may apply heat for 20 minutes, 3-4 times per day. This will help with healing.**
6. You will need to be seen in the office within 1 month following the procedure to assess healing.
7. **You should consistently take an anti-inflammatory, ex. Ibuprofen (Motrin, Advil) 800 mg 3 times a day, (this equals 4 over the counter 200 mg tablets) OR naproxen (Alleve, anaprox) 500 mg 2 times a day, etc. according to the directions on the bottle. We recommend that you take this FOR ONE WEEK or as instructed, even when you are not in pain. If you are currently taking coumadin or another blood thinner, we may recommend a different pain medication.** These medications will help with soreness and inflammation. A prescription for a stronger pain medicine can be provided if needed. If using a prescription narcotic pain medication, you should not drive, participate in hazardous activities, or make important decisions. You should also abstain from alcohol.
8. After the incisions have healed, we recommend that whenever you are out in the sun (swimming, ball games, etc.) that you apply sunscreen to the incisions. This will help prevent the scars from becoming red and very noticeable over the years.
9. If traveling within 2 weeks of the procedure, limit sitting to 2 hours at a time. Get up and walk around and wear compression stockings.
10. Call IVC at 379-6700 for any additional concerns.