

Ambulatory Phlebectomy Discharge Instructions

CARE OF YOUR INCISION SITE

- Leave compression bandages on for 48 hours after the procedure.
- Compression stocking should be worn for an additional 5 days (not at night) following the first 48 hours. It is important to wear the stocking to help with healing.
- The incisions should be kept dry for 5 days.
- Leave steri-strips in place until they fall off. This will reduce scarring.

ACTIVITY

- Walk frequently with periods of resting and elevation of the legs.
- Avoid prolonged periods of sitting or standing to reduce the risk of blood clots.
- After 48 hours, you may slowly progress back to routine activity.
- Avoid heavy lifting (more than 20 lbs. - your young child is okay to lift), running, straining, or other vigorous activities for at least 1 week following the procedure.
- Limit sitting to 2 hours at a time if traveling within 2 weeks of your procedure and wear compression stockings.

HOME CARE FOLLOWING THE PROCEDURE

- Lumps around the incision are normal and will typically resolve in a few months.
- It is normal for these incisions to weep blood or fluid for the first few days.
- Apply ice packs over the treated area for 20 minutes at a time, 3-4 times a day for the first two days.
- After the first 2 days, you may apply heat for 20 minutes, 3-4 times per day. This will help with healing.
- If tolerated, we recommend taking an anti-inflammatory (i.e., Ibuprofen 800 mg 3 times a day OR naproxen 500 mg 2 times a day) for one week. If you take Coumadin or another blood thinner, we may recommend a different medication.
- Once incisions have healed apply sunscreen to incisions whenever you are out in the sun as this will help prevent scarring.

CALL US IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING

- Fever
- Bleeding
- Redness or warmth to the touch at incision site
- Discharge from incision site
- Persistent pain not managed by anti-inflammatories
- Any questions or concerns about your condition.

FOLLOW UP CARE

- Follow up appointments are very important. We check to make sure there are no post-procedure complications.

Call IVC at 801.379.6700 for any additional concerns. We are available 24 hours a day.