



Post Phlebectomy Instructions

Compression Stockings:

1. After your procedure, we will put compression gauze bandages & wraps on the treated leg.
2. These **MUST** be worn continuously for the next 24 hours, sleeping in them for the first night.
3. After the first 24 hours, you may take the wraps and bandages off to shower, then you **MUST** put your compression stockings on.
4. You may take the compression stockings off at bedtime **AFTER** the first 24 hours.
5. You are **REQUIRED** to wear the compression stockings/compression wrap for the next 2 weeks.
6. Wearing the compression stockings less than 2 weeks will decrease the effectiveness of the procedure and possibly cause complications. ***Wearing the stockings is crucial for the success of your procedure.***

Restrictions:

1. You may begin normal activity following your procedure.
2. Light exercising, with the stockings on, is fine, beginning on the second day after your procedure.
3. We encourage daily walking, including the day of your procedure.
4. Do not lift anything too heavy (over 20 pounds) that would cause you to bear down heavily on your legs.
5. No baths, hot tubs, swimming pools, or saunas for 2 weeks post procedure.
6. Elevate your legs at rest.

What to expect:

1. You may experience some bleeding when you initially take off the pressure wraps and bandages. If this occurs, please apply pressure and elevate your leg.
2. Take Ibuprofen (between 400 mg and 800 mg at a time not to exceed three times a day), Tylenol (not to exceed 2 tablets/capsules every 4-6 hours), or another **OVER THE COUNTER** pain medication **as needed** for pain and inflammation for the next two weeks.
3. Applying ice to the tender/sore areas may be helpful the first few days after the procedure.
4. During the phlebectomy procedure, small holes are made in order to remove the incompetent veins. Some seeping or mild bleeding may occur for the first day or so.
5. You will be seen by a doctor or nurse practitioner within 1 week of your procedure.
6. Once you leave the office and numbing medication has worn off, you may notice that the wrap seems to be too tight. You may adjust it to your comfort level so that no skin irritation occurs, keeping in mind that is to be tight to keep your veins compressed.

Our doctors, nurse practitioner, and our staff are always available. Please call **(412) 469-1500** and ask to speak with one of the medical assistants with any questions. If it is after office hours or on the weekend, our answering service will contact the doctor on call and he will return your call.

PLEASE BRING LOOSE FITTING SHORTS WITH YOU TO ALL OF YOUR FOLLOW-UP APPOINTMENTS

Patient Name _____
X _____

DOB _____
Date _____