

### **Ambulatory Phlebectomy Post Procedure Care**

1. **Active walking is required**, preferably 15 minutes every waking hour. Do not sit down longer than two hours at a time. When you are not walking, keep your legs elevated to the level of the heart as much as possible for the first 24 hours.
2. **Normal daily activities may be resumed** on the day after your procedure. The more you move, the better you will feel. Avoid vigorous activity such as jogging, bicycling, weightlifting or aerobics for seven to 10 days.
3. **Wear the compression dressing** continuously, through the first night and next day following your procedure.
4. You will be placed in compression stockings after your 24 hour post-op visit. Please **wear the stockings** for 1 additional week. However, your physician may require an additional week depending on your condition.
5. Take **three to four Ibuprofen pills every 8 hours** with meals for at least one week. If Ibuprofen upsets your stomach, or you have a history of gastrointestinal ulcers/bleeds, take one to two tabs of Extra Strength Tylenol every four to six hours as an alternative.
6. After your procedure, you may have significant temporary bruising on your legs and you may experience a “pulling” sensation or discomfort for several weeks or more after the procedure.

Bruising, local swelling and some tenderness are normal after treatment.

7. Watch for signs of potential infection at the procedure site, including redness, warmth and tenderness.
8. If bloodstains appear on the dressings/stockings, lie down and elevate your leg. If there is significant bleeding, you should call our office 662-287-1516.

We will also need to see you within one week after the procedure to perform a brief ultrasound evaluation and ensure your recovery is going smoothly.

If you have any medical questions, call Total Vein Care at (662) 287-1516 or after hours (662) 643-5635, and ask to speak to someone regarding your vein procedure.