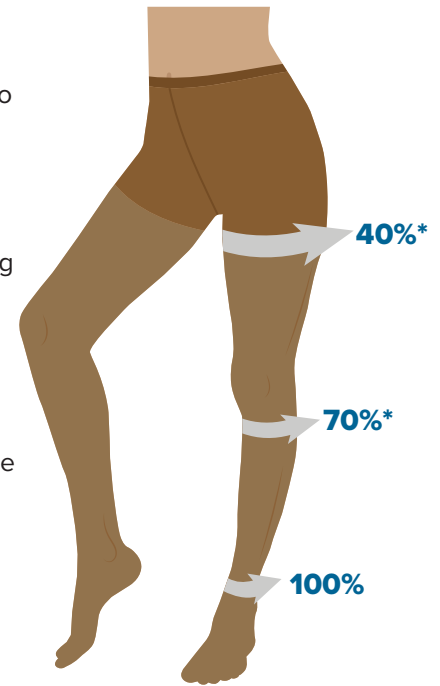


POST PROCEDURE INSTRUCTIONS FOR AMBULATORY PHLEBECTOMY

- Wear stockings around the clock for 48 hours (sleep in them for 2 nights).
- Leave tape and ace wraps on until the morning after your procedure. You may need to place new bandages if you notice residual bleeding.
- Wear stockings during waking hours for 5 more days (7 days of stockings TOTAL).
- You do not need to wear stockings while showering.
- Use Ibuprofen (up to 600mg 3 times within a 24-hour period) or Tylenol (up to 1000mg 3 times within a 24-hour period) for discomfort.
- Walk 30-60 minutes per day. There is no limitation on walking or climbing stairs. Getting up and walking around will help alleviate pain.
- No hot tubs, baths, lakes or swimming pools for 2 weeks post procedure.
- Do not lift over 40 pounds for 1 week. Avoid strenuous or jarring activities such as core (abdominal) work outs or running. You may resume normal workouts after 1 week.
- Avoid air travel for 1 week.



WHAT TO EXPECT AFTER AMBULATORY PHLEBECTOMY

- 1) The treatment area will look and feel swollen after the procedure. This is temporary and will improve over several days.
- 2) Bloody drainage from incisions may occur for a few days following your procedure. You may wish to reinforce the draining areas with gauze pads over your stocking.
- 3) Expect bruising, which can be extensive. This is temporary and resolves gradually over several weeks.
- 4) Pain or soreness in the treatment area is normal for a few days. Walking and wearing compression stockings are recommended.
- 5) Generally, you will notice improvement in your symptoms over several weeks.
- 6) Optimal cosmetic improvement generally takes several months.
- 7) Vein disease is chronic and progressive. New veins will become unhealthy over time. Expect to follow up with your vein specialists at Physicians Vein Clinics.



FREQUENTLY ASKED QUESTIONS (FAQS)

Q: Is it normal to have blood on my stocking after the procedure?

A: You may have a moderate amount of bloody drainage from one or more small incision sites within the first few days of treatment. This is blood that has collected under the skin after your procedure. Place new bandages as needed for ongoing drainage. Bandages should be placed over your stocking and held in place with an ace wraps within the first 48 hours.

Q: I have a tender lump on my treated leg, what should I do?

A: One or more areas of pain, redness and swelling may occur several days to weeks after the procedure. This can result from blood flow changes in nearby veins or, less commonly, can be a sign of infection. **Call the office for an appointment if you are having significant pain or if you notice redness of the skin.**

Q: I have noticed some areas of swelling in my treated leg, is this normal?

A: Swelling in the treatment areas is common and normal. **Call the clinic for generalized (overall) swelling in the leg, calf, ankle or foot, particularly if it is more pronounced in one leg when compared to the other.**

Q: I have numbness of the skin on my treated leg, should I be worried?

A: Numbness is not uncommon after vein procedures. Skin nerves can be affected during the procedure which can cause numbness, tingling or “pins and needles”. This generally improves gradually over several months and is rarely permanent.

Q: I have a lot of bruising on my legs, is this normal?

A: You can expect significant bruising after vein procedures. This resolves gradually over 4-6 weeks. You may try an over-the-counter bruise remedy such as Arnica from your local pharmacy. Ask the pharmacist any questions you may have regarding this medication.

Q: When can I remove bandages applied during my procedure?

A: You may remove any bandages on the second day following your procedure or anytime thereafter.

Q: When can I shower after my procedure?

A: You can shower on the second day following your procedure.

Q: *When should I call for help?*

A: Call 911 anytime you think you may need emergency care.

For example:

- You faint/pass out (lose consciousness).
- You have difficulty breathing or feel like you cannot catch your breath.
- You have sudden chest pain, shortness of breath, or you cough up blood.

Call the clinic or seek immediate medical care for:

- Sores or wounds at injection sites.
- Signs concerning for a deep blood clot (deep venous thrombosis or DVT):
 - Pain in your calf.
 - Generalized (overall) swelling in the leg, calf, ankle and/or foot. Particularly when the swelling is more noticeable in one leg when compared to the other.
- Problems with your vision or balance.
- Pain that does not resolve with pain medication.
- Signs of infection:
 - Pus draining from the area of injection.
 - Fever.
 - Redness and pain that is expanding or spreading out around an injection site.

