

Varicose Vein Microsurgery: (AMBULATORY PHLEBECTOMY) After Care Instructions

Immediate After Care:

When you leave the office you will have a dressing in place covered with compression hose. If sutures were used during your procedure, you will be asked to return to the office in 1-2 days for suture removal, and to reapply your dressing as needed. If no suture were used during your procedure, you will be advised by the staff how to remove and reapply the dressing as needed.

You may have one or more areas on your dressing where blood and numbing solution has leaked through. Some bleeding and oozing is normal. **Do not be alarmed**. If the bleeding continues and the stocking becomes soaked, elevate the leg and call the office. For the first 3 days the stocking must be worn at all times, except to shower or bathe. From day 4 to 7 the stocking must be worn during the day only and can be removed while sleeping, if desired.

You may have some discomfort following surgery. Most patients can effectively control their pain with an over-the-counter anti-inflammatory i.e. Motrin (ibuprofen) 600 mg three times daily (3 over-the-counter pills taken all at one time with food). **If you are having extreme discomfort, notify the office immediately.**

Activity Level:

Beginning immediately after the procedure, we ask that you reduce your activity level for the first day. Periods of extended time standing are to be avoided. On Day 2, normal activity is recommended, but no strenuous exercise for 1 week.

Air travel, extended car trips, hot tubs or submerging in a hot bath should be avoided for one week.

Follow Up Visits and Extended After Care:

When the outer dressing is removed you will notice bruising which is normal and to be expected.

After the dressing has been removed you may shower and wash the leg as normal. After showering, Polysporin ointment (over-the-counter) application is recommended 1-2 times per day to each incision site

Tenderness, numbness or lumpiness can occur at the treated site 1-2 weeks after treatment. This is normal and can be relieved with an over-the-counter anti-inflammatory (such as Motrin). These skin “lumps” slowly diminish within a few weeks, but may occasionally last longer. Please call the office if you have any questions.

For after hours, the office emergency number can be reached by calling our main phone number (**632-5200**) and follow the prompts for the on-call provider.