

**Ambulatory Phlebectomy**

***Post-Procedure Instructions***

* You will need to keep the dressing and ACE wrap in place for 1-3 days depending upon the extent of your procedure. We will provide you with specific instructions at the end of your procedure. The dressing MUST stay dry. Please cover the leg with a large plastic bag for showering.
* You may have areas on your dressing where blood has soaked through. Some bleeding and/or oozing is normal. DO NOT BE ALARMED. If the bleeding continues and your dressing becomes soaked, apply pressure, elevate your leg and call our office. You may need to return to the office for a dressing change.
* When you remove the dressing, Small band-aids called Steri-Strips will be covering small wounds. Leave the Steri-Strips in place for an additional 7 days, if possible. These may fall off during this period.
* After your dressing and ACE wrap is removed, put on your compression stocking. You are to continue to wear the stocking during the day; however you may remove it at night. The stocking should be worn for at least 7 days. Remember, the more you wear the compression stockings, the better result you will see long term.

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* You may have some discomfort following surgery. We STRONGLY recommend that you take ibuprofen (e.g. Advil or Motrin) 600-800mg (three or four 200mg tablets) every 4-6 hours even if you are not experiencing any discomfort. This will reduce the swelling and aid in the recovery process. Ibuprofen is an anti-inflammatory medication (NSAID.) Avoid aspirin, as it may cause bleeding. If you are having extreme discomfort or bleeding, notify our office immediately. These medications can be irritating to your stomach. Do not use if you have a history of stomach ulcers, gastrointestinal bleeding of kidney problems. Take it even if you are not having pain.
* You can resume all of your pre-procedure activities, including work, the following day. However, the dressing may be bulky and awkward; you may want to take off a few days if possible. We would like you to continue to keep moving and maintaining a normal level of activity. Avoid strenuous exercise such as aerobics, weight training, bicycling or running for at least one week. Walking daily, however, is encouraged and will help promote a speedy recovery. Avoid prolonged sitting or standing for the first week.

Call the office at (904) 402-8346 or after hours Dr. St.George’s mobile number (321) 720-9582 if have any questions or concerns. Please call if you experience profound swelling, extreme discomfort, significant bleeding, chest pain, or shortness of breath.

***Do not hesitate to call with any questions or concerns.***

**Your next appointment/follow-up is scheduled for:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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