

Phlebectomy Post-Procedure Instructions

- ❖ When home, keep your leg elevated when sitting.
- ❖ **Day of procedure:** Resume normal activities except as mentioned below.
 - **Activity:** Walk hourly during waking hours for first 5 days.
 - **Driving a car:** Yes, except when taking Tramadol. **(Get out and walk hourly if traveling.)**
 - **Bathing:** Sponge bath only until your dressing removal, 2-3 days after procedure. You may wash other parts of your body, but keep your leg dry.
 - **Return to work/school:** Whenever you feel comfortable and able. You may have a dressing around your knee that makes bending your knee more difficult.
 - **Active sports or aerobic exercise:** Do what feels comfortable and no heavy squats, or leg lifts for 1 week.
 - **Diet and medications:** Normal diet and medications unless otherwise directed.

❖ Medication(s):	Dose	Time	Instructions
<input type="checkbox"/> Ibuprofen (unless you already take an anti-inflammatory like Aleve)	800 mg	3 times a day	Take with food for 10 days (if stomach gets upset, you may take 1/2 a tablet, or 1 tablet every 12 hours)
<input type="checkbox"/> Tramadol (Ultram)	50 mg	Every 4-6 hours	As needed for pain (maximum of 8 tablets per day)

❖ Special Instructions:

- **Compression hose:** Wear compression hose continuously for 3 days, then daytime only for one additional week for a total of 10 days. You may find it beneficial to continue to wear the compression hose during the daytime as healing can take several weeks. If you have swelling, please continue to wear your hose until your 3-week check.
- **Dressing.** A bulky dressing and compression hose has been applied over your leg and should be left in place for 3 days following the procedure. If the dressing starts to bind behind the knee, pull your compression hose down past your knee. Carefully remove the dressing to that point, then pull your compression hose back up. Three days after your procedure you may remove the hose and dressing. If the gauze is stuck to your skin, it is easily removed with hydrogen peroxide or by getting it wet in the shower. **If your toes or feet become discolored, swollen, or throb, please loosen the dressing and contact our nurse.**
- **Bleeding:** Do not be alarmed if your dressing becomes moist or blood stained. Elevate your leg and apply pressure to the bloody area. If bleeding continues, and the dressing becomes soaked with blood, you should call our office (208-535-5959 or 208-390-2457 after hours).
- **Lumps and bumps:** It is anticipated and common to experience “lumps and bumps” where the previous varicosities were. They will feel like marbles under your skin. These are accumulated pockets of clotted blood from the phlebectomy. It may take months for those areas to fully soften and resolve.
- **Steri-strips:** Leave them on until they fall off by themselves for the first 7 days.
- **Blistering:** If you notice any blistering along or under the steri-strips, get the strip wet and carefully remove it. Apply Neosporin or triple antibiotic ointment over the blister.
- **Lotions:** Please apply lotions as desired after open areas have healed.
- **Pain:** You may experience aching or throbbing for the first 1-2 weeks after the treatment. Walking will help dissipate this sensation. If you have pain unrelieved by ibuprofen, please contact our nurse.
- **Nerve Pain:** With phlebectomy you can get numbness around stab sites. This area can also be hypersensitive and uncomfortable to touch. You may also get a “zapping” sensation while the nerve heals. Wearing your compression hose can help limit the stimulation to the numb areas.
- **Call the office (208) 535-5959 or after hours (208) 390-2457 if you have any questions or problems.**

3-week follow-up appointment date/time: _____

I understand the above information

(Patient or family member's signature) Date

Name of patient – please print

Reviewed with me by

(Nurse) Date

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