



Leg Care After Your Phlebectomy Procedure

Now that your phlebectomy procedure is complete, you may resume normal activities with only a few exceptions and suggestions:

1. You are encouraged to walk at least 20 minutes every several hours during the day. Walking will help the leg's recovery process.
2. Please refrain from swimming, using a hot tub or taking a hot bath for 1 week following your procedure. Tomorrow, you may shower and clean the treated leg, but try to avoid submerging the leg in water.
3. Please also refrain from vigorous gym exercises or running for 72 hours following your procedure.
4. Do not fly for one week following your procedure.
5. It is normal to experience bruising, soreness and a tightening sensation in the 2-3 week period following treatment. This should begin to subside after two weeks.
6. Your incisions have been closed with STERI-STRIPS, covered with gauze and a single-use COBAN elastic wrap. You can remove everything from leg in 48 hours...you do not need any gauze, bandages or elastic wrap. The STERI-STRIPS can remain exposed and uncovered and will eventually fall-off in 2 weeks. If STERI-STRIPS do not fall off in 2 weeks then you can remove them.
7. **You can take over-the-counter Ibuprofen or Acetaminophen (ADVIL, MOTRIN or TYLENOL) - 1 to 2 tabs EVERY 8 HOURS for pain. If no pain, then do not take medication.**
8. If you experience bleeding or substantial pain, give us a call at:

_____ After hours at: _____

9. You will need to return to the office in 1 week to have the sutures removed and to determine the treatment options and timing for any remaining varicose and/or spider veins.

You are scheduled to return on _____

At _____ AM/PM

RN signature _____

Patient signature _____