



After Care for Phlebectomy

The after-care period is 4-5 days. Right after your procedure, we want you to go home and elevate your leg (above heart level) until bedtime. You can get up to walk to the bathroom, but otherwise keep your leg elevated as much as possible.

Q: How long do I keep the compression hose & padding on?

A: They must stay on for 48 hours constantly and be kept dry. After that you can remove them, then shower (not bathe) you can continue to wear for 1-2 more days if desired.

Q: How long before I can exercise?

A: You can resume most normal activities the next day. We recommend no heavy weight lifting, running or jogging until 4-5 days after procedure.

Q: What happens if bleeding occurs when I get home?

A: Elevating leg above heart level will stop any bleeding that may occur, if you are resting with leg elevated the risk of bleeding is very minimal.

Q: What can I take for pain?

A: Most people require no medication; if you do take 3 Advil (200mg.) 3-4 times a day if needed.

Q: What side effects should I expect?

1. Itching and mild pain or aching in the legs are common for 1-2 days after the procedure, walking more will usually relieve this.
2. Numbness and swelling of the leg or ankle can rarely occur. It usually resolves within 1-2 months.
3. Some bruising is common and will fade within a few weeks.
4. The bandage or stocking may cause a rash, blisters or skin irritation-if this happens call the office and we may advise removing everything sooner than 48 hours.

If you have any questions please call our office, it is our pleasure to serve you.