



Endovenous Ablation or Ambulatory Phlebectomy Post Procedure Instructions

Activity post-procedure

- Walk frequently **following the procedure**; do not remain immobilized for extended periods of time. This will help decrease the risk of blood clots and help improve blood flow in your leg. At a minimum walk 2-3 times (15 minutes each) on the first post op day then every day following.
- During the **first 48 hours**, elevate your leg a minimum of 3-4 times when you are not walking around. Long hours of standing may lead to swelling and discomfort, elevating the leg will reduce these symptoms.
- Aerobic activity and other forms of exercise (such as walking/running, Zumba, Yoga, Pilates, etc...) may be resumed as soon as **4 - 5 days after** the procedure as long as you feel comfortable doing so.
- Avoid strenuous activity or heavy lifting (anything that requires breath holding or grunting) for 10-14 days

Post-procedure dressing care

- **For the first 24 hours** you will have to keep the bandage and stocking in place and keep dry. If the bandage seems too tight elevate the leg to decrease any swelling. If it continues to be uncomfortable call your physician.
- **After 24 hours**, remove the bandage/stocking and you may shower. **Reapply** compression stockings for 1 additional night
- **For 2 weeks** wear compression stockings during the day
 - * **Wearing the compression for 2 weeks is necessary as it helps your legs to heal properly.**
- **For 2 weeks**, avoid hot soaks such as baths, Jacuzzi, etc. Showers are permitted.

Post-procedure discomfort or concerns

- For discomfort, you may take any NSAID (ex. **Motrin 600mg**) every 8 hours. Continue Motrin for 3-4 days post-procedure as needed to decrease the inflammation. If you are unable to take Motrin, you can take Tylenol.
- You may notice several "lumps" after the procedure. These may or may not be tender, and may appear red or pink.
- Do not be concerned as this occurs in 1/3 of patients after the procedure. They are segments of residual veins with superficial clots that are not dangerous and will resolve. Apply warm compresses to these areas several times a day, and start taking motrin twice a day for 3-4 days.
- If you experience oozing/bleeding through your bandages, apply pressure with gauze using 2 fingers and lie down with your legs elevated. This will stop the bleeding almost always. If there continues to be bleeding call 907-339-9455
 - *For significant bleeding, fevers, signs of infection or any concerns contact your physician or go to the nearest emergency room.*
- **Phlebectomies**
 - There are no stitches, the small skin openings will heal over the next 2 weeks. Occasionally you may notice a piece of "string" hanging near the incision, this is residual tissue and there is no need to be concerned.

Post-procedure travel

- Wait **1 week** before flying or travelling long distances (> 2 hours), unless cleared to travel sooner by your physician.

Follow-up after your procedure

- Be sure to have your **2 week post-procedure visit** scheduled with your physician and a follow up ultrasound. **If any questions, please contact our office at 907-339-9455**