

AMBULATORY PHLEBECTOMY PATIENT INFORMATION

BEFORE YOUR APPOINTMENT/PROCEDURE:

1. Do not take aspirin, Plavix, Coumadin, or home remedies such as Ginko Bilboa or individual Vitamin E, 5 days before your treatment. This will help minimize any bruising.
2. Do not drink alcoholic beverages and do not smoke for 2 days before and 2 days after your treatment, since this may impair the healing process.
3. The day of your procedure/treatment, shower and wash your legs thoroughly. Do not apply any cream or lotion to your legs. Do not wear any fragrances.
4. To avoid discomfort, do not shave your legs on the day of your appointment.
5. Bring loose-fitting slacks to wear after the treatment.
6. Eat a light meal or snack 1 ½ hours before your appointment.

AFTER YOUR TREATMENT:

1. If sitting, keep your legs elevated. This is beneficial immediately following the treatment.
2. Immediately after the procedure, your treated leg will be wrapped with an elastic dressing and covered with a compression stocking. A small amount of oozing is normal. Remove the dressing the day after your procedure, shower, and replace the compression stocking only.
3. You will be able to maintain normal activities. Walk at least 10-15 minutes every hour, the more the better! However, avoid standing for long periods of time. No aerobics, heavy lifting or strenuous physical exercises for 7 days following your treatment. You may be able to return to work the next day.
4. Avoid hot baths and hot tubs for 2 weeks. Cool your legs with cool water after each shower.
5. Wear the compression stockings for 1 week following your treatment. You only need to wear them during the day and may keep them off at night. After healing, you may use them for long trips, prolonged standing, or when your legs ache.
6. Take any medication as prescribed by the physician. Usually an antibiotic is prescribed for 3 days. It should be started the day of the procedure and should be taken with meals. You may want to take an anti-inflammatory (such as Advil or ibuprofen) to minimize any discomfort you have.
7. Follow any additional instructions and return for follow-up appointments as indicated by your physician.

If you have any questions or concerns contact our office, we will be available for any assistance you may need.