



EVLT or Phlebectomy – Post-op Instructions

Dressings and Stockings:

Your incisions may be closed with steri-strips; a pressure dressing will be applied, and your leg will be placed in a compression stocking. On the evening of your procedure you may pull down the hose and remove the stretchy wrap, **but you must wear the stocking continuously for the first 48 hours, which means no showering.** After 48 hours, you may shower, leaving on the steri-strips, but do not take tub baths. During the next two to four weeks, wear the stockings only during the day, and after that, as desired.

Expected Course:

You may experience some bruising, discomfort/pain, a tightening sensation, mild swelling, firmness under the skin, or discoloration of the skin. You will find that walking will help alleviate the tightness and discomfort and we encourage you to walk for short periods frequently throughout the day. You may notice the discomfort to be more noticeable about 5 to 6 days following the procedure. These side effects will gradually improve and resolve with time.

Activities: 20 minutes x _____ today, then 20 minutes at least 4 times a day until we see you for follow up

Normal activity can be resumed once the medication has worn off, but avoid strenuous exercise, swimming, hot tubing, and weight lifting for 2 weeks. You can usually return to work the next day, depending on your job. Try to occasionally elevate the leg during periods that you are not walking.

Pain Control:

Narcotics are usually not needed but are made available in case you feel you need them for sleep. You may take Ibuprofen/Advil (400-600 mg 3 times daily), or Aleve, routinely during the first few weeks if you have discomfort, but please take them with food. If you can not tolerate those medications, you may take Tylenol (500mg 2 times a day). You may apply intermittent ice for the first 24 hours.

Bleeding and/or drainage:

It is normal to expect some bleeding and/or drainage from the incisions sites in the first few days in which we will send gauze home with you to place over the area under your stocking. If you are soaking through your dressing you will need to elevate the leg, apply ice and firm/direct pressure to the area for at least 20 minutes. If this happens during business hours, and you can not get the bleeding to stop, please call us at 970-267-2661. If it is after hours and you can not control the bleeding, refer to the numbers below to locate your physician for instructions.

Warning Signs:

If you at any time experience chest pain or shortness of breath, please seek immediate evaluation at an emergency room. Otherwise, if you develop severe or worsening pain, increasing swelling, fever > 101 degrees, unusual leg function or sensation, increased leg discomfort with muscle use, skin breakdown, or infected drainage (pus), we ask that you **call us at (970) 267-2661 between 8:00-5:00 Monday-Thursday (closed Friday-Sunday)**. For after hour emergencies for Dr. Quaid, Roller, or Clear call (970) 482-6456. For Dr. Craven or Peck, call (970) 225-9729. Relay to the person answering the call that you are a Vein Clinic patient and your call will be directed accordingly to the physician on call.

Follow-up visits include an ultrasound and are at 1 week, 1 month, and 3 months, in which your co-pays and deductibles will apply to these visits.