



## Post Op Instructions for EVLT &/or Phlebectomy

### **Dressings and Stockings:**

Your incisions may be closed with steri-strips; a pressure dressing will be applied, and then your compression stocking. On the evening of or morning following your procedure, you may pull down the hose and remove the stretchy wrap (since this can cause skin irritation), **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. **Please remove your steri-strips on the morning of your one week visit.**

### **Expected Course:**

You may experience some bruising, discomfort/pain, a tightening sensation, mild swelling, firmness under the skin, or discoloration of the skin. 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: 10-20 minutes x \_\_\_ today, then 10-20 minutes at least 4-6 times a day until we see you for follow up**

Normal activity can be resumed once the medication has worn off (4-6 hours) but you *must avoid driving* until the following day. No strenuous exercise and/or weight lifting for 2 weeks. To avoid infection you should keep the leg as clean and dry as possible with no swimming or hot tubs for the first 2 weeks. You can typically 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. You may take Ibuprofen/Advil (400-600 mg 3 times daily), or Aleve 1 every 12 hours, routinely during the first few weeks if you have discomfort, but take them with food. If you cannot tolerate those medications, you may take Tylenol (500mg 2 to 3 times a day). You may apply intermittent ice for 20 minutes on then 20 minutes off as needed for discomfort.

### **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 cannot get the bleeding to stop, please call us at 970-267-2661. If it is after hours and you cannot 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, 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 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 a physician.

**Discharge Medications instructions:** \*continue with your routine medications as directed by your PCP\*

**Follow-up visits are at 1 week, possibly at 1 month, and 4 months, in which your co-pays and deductibles will apply to these visits and ultrasounds.**

Patient Signature: \_\_\_\_\_ Date/Time: \_\_\_\_\_

Reviewed with Nurse: \_\_\_\_\_ Date/Time: \_\_\_\_\_

[www.ColoradoVeinAndLaser.com](http://www.ColoradoVeinAndLaser.com)

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