

## **PHLEBECTOMY**

### ***PREPARING FOR YOUR APPOINTMENT/PROCEDURE***

1. Do not take Aleve, Motrin, Advil, Ibuprofen, aspirin, Plavix, Coumadin, or home remedies such as Ginko Bilboa or Vit E, **5** days before your treatment. This will help minimize any bruising.
2. The day of your procedure, shower and wash your legs thoroughly. Do not apply any cream or lotion to your legs. **DO NOT** shave your legs the day of treatment.
3. Eat a light meal or snack before your appointment. **NO** caffeine
4. Be sure a ride is available to take you home after your procedure. The procedure will take approximately 1½ hours.
5. We recommend that arnica (natural herb) be taken according to manufacture's recommendations. Arnica may be started 7 days before surgery. Ask your doctor for more information.
6. Bring a pair of loose shorts. However, you may be in your underwear for surgery. We will do our best to keep you covered and still be able to provide optimal care.

### ***AFTER YOUR TREATMENT***

1. Immediately after the procedure, your treated leg will be wrapped with an elastic dressing. This dressing **must stay clean and dry** and **you will be instructed when it can be removed**. Return to our office in 2 – 4 days.
2. You may return to work after you see the doctor/nurse on the post op day. One – two weeks off work is recommended.
3. You may not shower until the dressing is removed unless you can keep the dressing dry. A sponge bath may be more appropriate until the dressing is removed.
4. An antibiotic is prescribed for that night at bedtime. Ibuprofen 600mg (3 - 200mg tablets) 3 times a day for 7 days is recommended for swelling. The anti-inflammatory should be started immediately after the procedure and taken with meals. If you are taking celebrex, bextra, etc do not take the ibuprofen.
5. **Avoid hot baths and Jacuzzis for one week.**
6. After the dressings have been removed, you will need to **wear support stockings for a minimum of 2 week.** You may purchase them from us for \$50.
7. While sitting, **keep your leg elevated.** This will reduce swelling.
8. Avoid standing for long periods of time. No aerobics, heavy lifting or strenuous activity for 7-10 days after treatment. However, frequent, short walks are good. Recommend 10min q 2 hours.
9. You may resume ASA, plavix, etc one day after your surgery.
10. If the bandage is too tight, the foot swells, is cold or numb, then loosen the bandage at the foot. **DO NOT** remove the bandage. Call the office if problems persist.
11. Follow any additional instructions and keep appointments as indicated by physician.
12. It is **not** recommended that you fly or take a long car trip until 2 weeks after your surgery. Consult our office for more information.
13. No sun exposure while any bruising is present.

If you have any questions or concerns, please contact our office so we can be of assistance. **Please note:** There is an automatic \$50 charge if surgery is cancelled less than 5 business days prior to the procedure.