PHYSICIANS’ SURGERY CENTER
POST AMBULATORY PHLEBECTOMY INSTRUCTIONS

1. You will leave the doctor’s office with ACE wraps on the leg(s). ACE wraps should remain untouched for 3 days after the procedure.

2. After the 3 days, you may remove ACE wraps and shower. You will notice paper strips over your incisions. These are called steri-strips and should not be removed for one week.

3. You may experience some bruising or discoloration at incision sites. This is normal.

4. You may experience burning at incision sites. This usually lasts several days after the procedure. Also, at the incision sites, you may experience tenderness and/or lumps. These are all normal. Your doctor may have given you a prescription for pain medicine. Use as directed.

5. You may experience swelling of the leg(s), ankle or foot for a few days at the incisions. When not walking, try to elevate the leg(s) above heart level.

6. If at any time you feel the ACE wraps are too loose or too tight, please re-wrap them, even during the first 3 days.

7. Avoid heavy lifting more than 20 pounds for 2-3 days. No heavy aerobic activity (jogging, fast paced walking) for one week. You may drive if you are pain-free enough to get your foot from the gas pedal to brake. Do not drive if using narcotic medication.

8. Stay off aspirin or aspirin containing compounds starting one week before the procedure. Stay off of them until after all procedures have been completed.