

POST ABLATION/PHLEBECTOMY INSTRUCTIONS

The day of surgery and the following day, relax and keep your leg elevated as much as possible. Get up about every hour during the day and walk around for about 5 minutes.

On _____ remove the compression dressings. You may take a shower. Put your compression stocking on and wear it when you are up and around. You do not have to sleep in the compression hose.

Wear the compression hose for 1-2 weeks while you are up and around

If you are prescribed Motrin or other anti-inflammatory medication, take it as directed.

If you are prescribed antibiotics, take them as directed.

Return for you scheduled appointment on _____

For any discomfort take Extra Strength Tylenol or the prescribed pain medication.

A small amount of oozing is normal. If you feel the dressings need changed please page the nurse on call.

Wait at least one week before resuming exercising. Light walking is allowed after 3-4 days. Judge this according to how you feel.

Wait at least 1-2 weeks before getting into a hot tub/spa or pool.

If you have ANY questions or concerns, please either call the office or the doctor if it is after hours. The after hour's number is _____

Additional Instructions: