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Post-op Patient Information: Ambulatory Phlebectomy

If you have undergone Ambulatory Phlebectomy at the Vein Healthcare Center, it is important to be informed about post-operative requirements. Following guidelines for care after your treatment will help promote the most effective healing so you can return to your daily routine and start experiencing a comfortable, symptom-free life as soon as possible.

Exceptional patient care is our first priority. If you have any questions following your appointment, please call the Vein Healthcare Center at 207-221-7799. We are available to answer questions and address any concerns you may have.

After Your Ambulatory Phlebectomy Procedure

Immediately after the procedure, your leg will be washed and dressed with a three-layer dressing. The dressing should be left on for 24 hours following the procedure. After this 24-hour period, the dressing can be removed, and only the compression stocking will be worn. Compression stockings should be worn for the first two weeks following treatment.

You may return to light daily activities following your procedure. It is recommended that you return to work 2-3 days after your appointment, and during that time, rest is recommended. Strenuous activity can be resumed 5-7 following the procedure.

After You Leave Our Office

Knowing what to expect after your appointment and understanding all recommendations and restrictions is important following Ambulatory Phlebectomy.

What to Expect

Following Ambulatory Phlebectomy, the treated leg is likely to drain fluid for the first 48 hours, and the dressing or compression stocking may feel slightly damp as a result. Patients can expect a moderate amount of bruising, swelling, and discomfort immediately following the procedure. Post-procedure discomfort is highly variable from patient to patient. Elevating your legs, applying heat, and taking ibuprofen as needed are all effective ways to ease most post-operative pain. If pain is persistent or becomes intolerable, call the Vein Healthcare Center at 207-221-7799.

Rx

Elevating your legs as much as possible is recommended following your Ambulatory Phlebectomy procedure. Also, it is very important to walk for 30 minutes each day for the first 2 weeks after your procedure. Walking can be done in short increments throughout the day that add up to 30 minutes, or it can be done all at once, whatever works best for your schedule.



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Restrictions:

Restrictions during the first five days following your Ambulatory Phlebectomy procedure include avoiding the following:

- Heavy lifting
- Hot tubs
- Strenuous physical activity while standing

Patients should feel free to exercise as long as their feet remain at or above the level of their heart.

Your Return Visit

It is important that you make a return visit to the Vein Healthcare Center 7 days following your procedure.

Do you have questions?

If you have any questions or concerns following your procedure or before your return appointment, please call our office at 207-221-7799. Your care and comfort is our number one priority.