

**Capitol Vein & Laser Accredited Surgery Center
Microphlebectomy:**

Post -Operative Instructions

1. Light to normal activity (unless otherwise directed) is ok the day of your procedure.
2. You may return to work the day after your procedure.
3. Resume long distance travel 7 days after your procedure.
4. NO exercise or heavy lifting (>40 lbs) until 4th day after the procedure.
5. Return to office in 2-4 weeks after your phlebectomy for physician evaluation.
6. For pain management, you may take extra strength Tylenol per bottle directions.
7. It is normal to experience localized numbness or tingling around the procedure area. This is temporary and will resolve with time.

Dressing Removal:

Supplies you will need available when removing dressing:

2 towels	Trash bag	Phone	Band Aids	Guaze
Re-rolled Ace bandage		Compression Hose	Post-op instructions	

1. You may remove the ace bandages and dressing 24 hours after the procedure. There will be dried blood on the skin and dressing. Some dressing may stick to the skin and should come off easily once in the shower.
2. Remove dressing on bed with leg elevated and supplies available. Place a towel under your leg while removing dressing, in case there is bleeding. Unwrap gently without pulling any gauze that may be stuck to the skin.
3. Lay down for 5 minutes after removing ace bandage, to avoid dizziness. Sit up on side of bed with legs down before standing. If no dizziness occurs, you may walk to shower.
4. If you experience active bleeding (not oozing), after dressing removal, apply direct pressure to the area using gauze and ace bandage. Elevate leg for 15 minutes. Repeat if necessary. You may have to re-wrap temporarily with the ace bandage to apply adequate pressure.
5. After shower, gently dry. Apply band aids to any sites that are oozing or seeping fluid. This is normal and will resolve.
6. Put on compression hose after shower. Do not reapply the ace bandage.
7. Continue to wear compression hose for 3 days and 3 nights (except to shower).

If you experience excessive leg discomfort, excessive bleeding or swelling, please call your CVL physician immediately.

Monday - Friday business hours: 301 - 695 - 8346

Evening & Weekend hours:

Paul McNeill, MD: 301-748-1991 Garth Rosenberg, MD: 301-748-2058