

Ronald L. Nath, M.D., F.A.C.S.



Michael N. Tameo, M.D.

www.commonwealthsurgical.com

91 Montvale Avenue, Suite 208

Stoneham, Massachusetts 02180

Telephone: (781) 279-1123

Fax: 781-438-3034

Post Operative Instructions after Ambulatory Phlebectomy

- You will be discharged following your surgery with your stockings on. Under the stockings are gauze dressings covered with a waterproof dressing called Tegaderm.
- If you are using ace bandages you must re-wrap the leg at least twice a day from the base of your toes to above/below the knee, including the heel, leaving no gaps.
- The first 24 hours you must stay in bed with your leg elevated except for bathroom privileges. You may get up and walk around the next day. This will reduce swelling and decrease the potential for bleeding and bruising.

If you have also had a Radio Frequency Vein Ablation, you must get up and walk for 15 minutes out of every hour.

- You may return to work 48 hours after the procedure.
- Elevate your legs above the level of your heart as much as possible when resting or reclining, at least 20-30 minutes 3 times a day. Do so until you receive other instructions at your post-op visit.
- You may shower 48 hours after the procedure. Don't scrub over the incisions, just let the warm water run over the leg, they will still be covered by clear plastic waterproof dressings.
- Please leave the clear plastic dressings in place until you come for your post-operative visit with your surgeon. If the plastic begins to curl at the edges and pull away from the skin, you may remove it, but leave the butterfly bandages (steri-strips) in place.
- There may be a small amount of old blood or clear / beige / yellow discharge from the incisions. This is normal for the first few days.
- After the post-op visit you should continue to wear the compression stockings; they help prevent the recurrence of varicose veins.
- If you have any questions or concerns please call the office anytime.