

# The Vein Centre

*At Vascular Surgical Associates*

Richard A. Murbach, M.D.

## **Patient Instructions Following Saphenous Vein Ablation/Phlebectomy**

After your procedure, you may resume normal diet and medications. A gauze pad will be placed over the surgical site and your leg will be wrapped in layers of bandages. Drainage on the dressing placed in the office is normal. A small amount of bleeding is also normal. You are encouraged to walk immediately following the procedure and resume normal activities.

However, during the two weeks following your procedure, you should avoid vigorous gym workouts, very hot baths, or excessive sun exposure. If you must be in the sun, use sunscreen with a SPF 30 or higher on your legs. You should continue using this sunscreen for the next 2-3 months to avoid a darkening of the skin where you have been treated. Walking 30-60 minutes a day is recommended. Please, no air travel for at least 72 hours.

Please only sponge bathe and leave the bandage on for 48 hours following the procedure. After this time, you may remove the bandages, shower and immediately apply the compression stockings. **IF THE SUPPORT HOSE ARE NOT WORN, WE CANNOT GUARANTEE YOUR RESULTS.** Your vein that we obliterated may reopen, bruising will be worse and increased pain and swelling will occur. For the first 2 to 3 weeks following you must wear your stockings during the day, but you may remove them to sleep. Following the 3-week period, you should wear your stockings as much as possible, as this will improve your results.

Your activity should be limited to whatever does not cause pain. This is different for everyone and will change over time. Following the procedure, routine activity is required, as walking is actually good for venous pressure in your legs. If you are too active too soon, you may have some discomfort at the surgical site. Slow down. You may increase your activity as tolerated after taking it easy for a few days.

You should expect to see some bruising and some discomfort along the treatment site as the vein disappears. This will gradually fade away in approximately one month. Approximately 3 to 5 days after the procedure many patients experience an increase in the discomfort. This is due to the vein closing and is normal. You may also feel some tenderness, tingling, itching or tightness in your treated leg for a few weeks. If you experience significant pain or have bleeding of the treated leg, contact our office promptly.

Please call the office with any questions or concerns that you may have about your treatment or recovery, especially for increasing pain, persistent itching or rash, progressive areas of redness, warmth, drainage, fever, persistent bleeding, lump formations, shortness of breath, chest pain, or leg numbness. Our number is 727-442-8172 and office hours are 9:00 AM – 5:00 PM Monday – Friday. For emergency after hours questions, please call 727-443-6798.

**Pain:** You have been given local anesthesia, which will slowly be absorbed over the next few hours. Placing an ice pack directly over the surgical site will reduce the soft tissue swelling, bruising and pain in the area. This will be especially helpful during the first few days. Take any prescriptions you were given as directed. Dr. Murbach recommends Motrin 600 mg three times a day with food, not only for relief of discomfort, but also for the anti-inflammatory effect it will have.

You will need to return to the office 2 to 4 days following the procedure for an ultrasound examination and follow up with Dr. Murbach on \_\_\_\_\_ at \_\_\_\_\_ AM/PM.