

Post-Procedure Instructions for Ablation and/or Phlebectomy

- The local anesthesia will last approximately 4-8 hours or more after your procedure is completed.
- Mild to moderate discomfort, should it occur, may be relieved with Tylenol or Extra-Strength Tylenol.
- Walking for 10 minute intervals every 2 hours will be prescribed immediately following your procedure/s.
- Avoid strenuous exercise, including aerobics, weight training and strenuous biking for 7 days post-procedure.
- You will, however, be expected to maintain a normal activity level. Movement is encouraged.
- If you have had a Phlebectomy procedure, do not get the dressing moist/wet.
- Phlebectomy patients may shower on day two. Remove the stocking/dressing two days post-procedure, or as directed. Ablation patients may shower following first procedure day, if desired. Reapply stocking following shower.
- Stockings are worn for 2 weeks (ablation)/ 7 days (phlebectomy). After 2 days, stockings need to be worn during waking hours only.
- Follow-up evaluations are scheduled approximately one week and at 3 months. Further evaluations will be discussed.