

## **Post-Procedure Instructions for Vein Ablation with Phlebectomy**

- The local anesthesia will last approximately 4-8 hours after your procedure is completed. This will not affect your mobility.
- 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 and should be started immediately following your procedure.
- Avoid strenuous exercise, including high impact aerobics, lower body weight training and strenuous running / biking for 7 days post-procedure.
- You will, however, be expected to maintain a normal activity level. Movement is encouraged.
- A compression stocking over a concise phlebectomy dressing will be applied. The dressing (with stocking) is worn for 48 hours. Dressing removal instructions will be provided on your procedure day.
- After 48 hours, you may remove the stockings and dressing then you may shower. The compression stocking is just worn during waking hours for the next 7-8 days. Avoid baths/jacuzzi for 10 days.
- Special instructions/devices to aid in stocking application will be provided.
- Follow-up evaluations are scheduled for approximately one week, three months and again at 6 months. Future follow-up plans/ appointments will be discussed.