

## **Post-Operative Instructions Following Microstab Phlebectomy Surgery**

**Activity:** No significant activity limitations are needed after surgery. You may do all essential activities, such as going to the bathroom or walking around the house. Wearing your stockings daily and occasionally elevating your feet will minimize the swelling, bruising and pain. You may drive the day after surgery.

**Dressings:** Please wear your ACE bandage or stocking for the first 48 hours. The ACE bandage can be rewrapped if it becomes loose or uncomfortable. The ACE bandage or stocking should extend from your foot to the groin. It will minimize swelling, bruising and pain. After removing your ACE bandage or stocking keep the plastic Tegaderm dressing intact. You may shower using a mild soap and gently pat dry the dressings with a clean towel. Immediately after the shower, it's essential that you reapply your compression stockings for the next 2 weeks (day light hours only). No tub bathing or soaking is allowed until the 7th day after the procedure.

**Pain Control:** Pain and tenderness is expected, especially at the incision sites. You will be given a prescription for oral pain medication prior to leaving the hospital. Please take it as prescribed. Be aware of its side effects: drowsiness, constipation and occasional mild stomach discomfort. Over the counter analgesics (Motrin and Tylenol) are sufficient for most people after the third day.

**Bruising:** Bruising at the incision sites and along the varicose vein paths is common. This will resolve in 2-3 weeks. Any redness or warmth might suggest a superficial skin infection or thrombophlebitis, if this is found please contact the office.

**Stitches:** There are none. The plastic Tegaderm dressings should be removed on post operative day #3. Steri-Strip bandages will be underneath. They are approximating the edges of your small skin incisions. The Steri-Strips should be removed after 7 days. Occasionally, the Steri-Strips will fall off when showering, this is not a cause for concern. Please cover the incision with a standard bandage.

**Appointments:** Please call the University Vein Care Center (288-VEIN) for your follow-up appointment, which will be four to six weeks after the microstab phlebectomy procedure.

**Problems:** Please contact the office at 288-VEIN, if you have any questions or problems. This includes a fever (>100 degrees), redness, increasing pain, leg swelling, shortness of breath, chest pain, or drainage from the incisions.