

Post-Surgery Guide

Microphlebectomy Treatment

These instructions are to help guide you in your recovery period. Please follow any specific instructions your Doctor gave you.

Wound Care

Please leave your dressings and ace wraps in place for 48 hours after the procedure. Unless your doctor specified otherwise, you may then remove your dressing(s) and shower. Remove the outer dressing and leave the strips of tape that cover your incision(s) in place. If you continue to have drainage from any of your incisions, you may place a dry gauze dressing over the incision area prior to your rewrapping your leg(s) with the ace wrap. The ace wrap or similar compression stockings should be worn for one week after your procedure, but it may be removed daily for showering and while sleeping.

Additional Instructions:

Pain Management

You may take acetaminophen or ibuprofen for pain control. If your doctor has prescribed pain pills, you may take those. Remember that prescribed pain medications tend to be constipating, so you should adjust your diet appropriately, drink plenty of fluids and take a daily stool softener. **REMEMBER: Do not drive if you are taking prescribed pain pills.**

Activity

It is important to elevate the leg as much as possible for the first 48-72 hours after your surgery. Returning to work or your normal activities should be discussed with your doctor.

Problems

Call the office for: 1) fever > 101.5, 2) continued bleeding, 3) any signs of wound infection, such as redness or swelling around the incision or pus-like drainage from the incision, 4) increasing pain, or 5) any questions or concerns.