



## RHODE ISLAND VASCULAR INSTITUTE

### PHLEBECTOMY INSTRUCTION SHEET

*You will be contacted by our office before your procedure to confirm the date and time.*

#### **Before Procedure**

- An antibiotic will be prescribed for you to take 1 hour prior to your procedure and for 5 days after. If you have not received the prescription for this medication, please call our office with your pharmacy and allergy information so that it can be called in for you.
- A mild anti-anxiety medication will be prescribed for you to take prior to your procedure, take as directed. You **must** have someone drive you to and from the procedure if you take this medication.
- If you have had changes to medications, new allergies, a new medical condition has developed or if you have had changes to your insurance since you were last seen in our office, please make our staff aware of these changes.
- If possible, try not to plan long trips for approximately 3-4 weeks after your procedure.
- Eat lightly prior to your procedure. Make sure you are well hydrated when you arrive to our office.
- Take all your usual medications the day of your procedure.
- Wear loose fitting clothing and comfortable shoes to the office.
- Avoid tanning your legs with the application of heavy sunscreen for approximately 1 month prior to and 1 month after your treatment.
- Shower the morning of your procedure and do not use moisturizer or shaving lotion on you legs so that dressings will stay in place appropriately.

#### **What to Expect After Procedure**

- You may experience variable amounts of pain after your procedure. You will be instructed to take anti-inflammatory medication after your procedure.
- Expect bruising, mild swelling and temporary darkening of the color of your veins after your procedure. Avoid tanning by the application of heavy sunscreen until this discoloration fades.
- You will need to wear a compression dressing for a full week after the procedure **without removing it at all** (not even to shower). Your dressing will be snug but your toes should be pink and moving freely. You should call our office if your dressing is causing you any problems.
- One week after your procedure, you will be scheduled for a follow up appointment at which time we will remove your dressing and replace it with a compression stocking. If you already have prescription compression stockings (at least 30-40mm Hg compression) and do not wish to purchase another pair, please bring them with you to the office the day of your treatment. The stocking should be worn during the day until your next follow up visit. You may remove the stocking only to sleep or shower. At your follow-up visit, we will determine if you need to wear your stocking for a longer period.

- Avoid very **hot** baths and showers until your follow-up visit.
- For 2 weeks after your procedure, you should limit your activity to routine and necessary activities. Avoid strenuous exercise such as impact aerobics, weight training, yoga, bicycling, and running until your follow up visit.
- Ambulation is **very** important after your procedure. You are required to take at least a 15-20 minute walk or non-impact aerobics (such as elliptical or treadmill) at least 3 times per day until your follow up visit. When you are not walking, try to elevate your leg as much as possible. Avoid prolonged standing in one place.
- Avoid lifting more than 15–20lbs or motion that causes abdominal straining for 2 weeks after your procedure.
- Resume diet as tolerated.
- Resume usual medications after you procedure unless otherwise instructed by your physician. Complete the full course of antibiotics as prescribed for your phlebectomy procedure.
- You may develop temporary skin discoloration along your treated veins after your procedure. Avoid sun-exposure to the areas by applying strong sun-screen until the discoloration fades.
- Use antibiotic ointment (such as Bacitracin) covered with a dry gauze on any open areas such as tape blisters.

**Post procedure medications:**

- Ibuprofen (Advil, Motrin) 400mg every 6 hours for 3 to 5 days                   or
- Naprosyn (Aleve) 225 mg every 12 hours for 3 to 5 days                   or
- Acetaminophen (Tylenol) extra strength 1000mg every 6 hours for 3 to 5 days

Other: \_\_\_\_\_

***If you are having extreme discomfort, drainage, rash or fever notify the office immediately***

Feel free to call the office if you have any questions at: (401) **421-1924**

If your Question is urgent call RI Hospital VIR (401) **444-5194**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Follow up Appointment \_\_\_\_\_

**Please call (401) 421-1924 if you have questions or concerns.**