**POST PHLEBECTOMY INSTRUCTIONS**

***Compression Stockings:***

1. After your procedure, we will put compression gauze bandages & wraps on your leg.
2. They MUST be worn continuously for the next 24 hours, sleeping in them for one whole night.
3. After the first 24 hours, you may take the wraps and bandages off to shower, then you MUST put your compression stocking on.
4. You may take the compression stocking off at bedtime after the first 24 hours.
5. You are REQUIRED to wear the compression stocking for the next 2 weeks.
6. Wearing the compression stockings less than 2 weeks will decrease the effectiveness of the procedure and possibly cause problems. Wearing the stockings is crucial for the procedure to be successful.

***Activity:***

1. You may resume activities of daily living, such as walking, following your procedure.
2. Two days following procedure you may resume light exercise while wearing stockings.
3. Do not lift anything over 20 pounds, or anything that would cause you to bear weight on your legs.
4. No swimming pools, hot tubs, baths, or saunas for 2 weeks post procedure.
5. Elevate your legs at rest.

***What to Expect:***

1. You may experience some bleeding when you initially take off the pressure wraps and bandaging. If this occurs, please apply pressure and elevate your legs.
2. If pain or inflammation occurs you may take OVER THE COUNTER medication (Ibuprofen, Tylenol, etc.) as directed, as needed.
3. Ice may be used for pain or inflammation.
4. Seeping, mild bleeding may occur for the first 24-48 hours.
5. Initial wrap is to be worn for the first 24 hours. Check surrounding skin periodically, if wrap appears too tight or uncomfortable you may loosen wrap. If complications occur when loosening wrap, please contact office.
6. You will be seen by your provider within 1 week of procedure. Please bring loose fitting shorts with you to all follow-up appointments.

**Please call into the office with any additional questions.**

**Central PA Physicians Group: (814) 201-2309**

Follow up appointment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_