

AMBULATORY PHLEBECTOMY

*Thank you for choosing Physicians Vein Clinics.
Following these guidelines will help ensure a smooth
recovery and optimal results.*

Compression Stocking

- Rolled gauze, tape compression stockings, and ace wraps will be placed on your legs immediately after your procedure.
- You may remove the tape and rolled gauze in the shower the morning following your procedure.
- If you notice minor bleeding, apply a bandage as needed.
- Wear compression stockings continuously for the first 48 hours (day and night).
- After the first 2 days, wear the stockings during all waking hours and remove them only when sleeping for the next week.
- You may remove the stockings for showers during the 7-day period.

Pain Management

- Take Ibuprofen (up to 600 mg, three times per day) OR Tylenol (up to 1,000 mg, three times per day) with food as needed for discomfort.

- Walking 30–60 minutes per day will help reduce discomfort. Walk in the morning and at night before bed.
- For sore areas post-procedure, apply moist heat (warm hand towel) for 15–20 minutes, 3–4 times per day.
- Wear compression stockings as directed.

Activity & Restrictions

- Avoid hot tubs, baths, lakes, or swimming pools for 2 weeks, or until access points heal.
- Avoid lifting more than 40 pounds repeatedly or doing regular workouts for 1 week. After one week, you may resume normal exercise while wearing compression stockings.

Expected Symptoms

- Most side effects are mild and temporary, such as mild swelling, tenderness, numbness or tingling, minor scarring, redness, or discolorization of the skin.

Unexpected Symptoms

- Contact our office immediately or proceed to the ER if you experience chest pain, shortness of breath, sudden leg swelling (possible blood clot), severe pain, high fever, or drainage at the treatment site.



For additional questions, scan the QR code or contact our team 24/7 at:
888-PVC-VEIN (888.782.8346)