



# TOTAL VEIN CONCEPTS



Greenbrier Healthplex  
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## INSTRUCTIONS FOR PATIENTS FOLLOWING AMBULATORY PHLEBECTOMY

1. It is important to remain active and walking 20-30 minutes daily is recommended.
2. As the anesthesia medication wears off you will experience tenderness where the vein was removed. Motrin 600-800 mg every 4 – 6 hours is recommended. Occasionally, an antibiotic will also be prescribed.
3. It is normal to see bruising where the vein has been removed.
4. It is crucial to the success of this procedure that the compression stockings be worn as directed. Research has shown that the best results are seen in patients who wear compression hose for three weeks following treatment. Wear the compression dressing and support hose continuously for 5-7 days. Wear a waterproof cover during showering while dressings or steristrips are still on. After your first week, you should continue wearing the support hose except when showering and sleeping. After three weeks any time you experience pain or swelling in your treated leg, **PUT YOUR COMPRESSION HOSE ON.**
5. If you experience any redness of the skin over the treated area, swelling of the leg, or hard painful lumps, you need to come in to be seen.
6. Please call the office at (757) 282-4045 or page Scott Pianin, PA-C at (757) 670-3107 until 5:00 PM Monday – Friday. After 5:00 PM, please call (757) 893-1400 and ask to speak to the on-call Radiologist.