

Post Operative Instructions *Phlebectomy*

- *Wear compression stocking for 4-5 days (some patients wear them longer due to comfort reasons).*
- *Sleep in the hose for the first night.*
- *Allow the steristrips to fall off on their own. They may stay as long as a full week.*
- *The treated leg shouldn't get wet for the first 3 days. Refrain to sponge baths or placing plastic over the leg while in the shower.*
- *Most discomfort can be relieved by Advil or Tylenol.*
- *Some inflammation, tenderness and bruising is very common.*
- *If there is any excess bleeding don't be alarmed. Elevate your legs above your heart. Feel free to call us if you are having extreme pain or bleeding.*
- *No sun during the healing process (one week). The sun will cause the darkness of the skin to be intensified.*
- *Sun screen is important on a regular basis but is mandatory for the first 2-3 months after the sclero treatment.*
- *Walk, walk, walk. 20 minutes three times a day is encouraged. Avoid strenuous exercise such as aerobics, weight training, or running on hard surface for about 1 week.*